

PHYSICAL EDUCATION PROJECT

YOGASANAS

CLASSES V—X

A Teacher's Guide

विद्यया ऽ मृतमश्नुते



एन सी ई आर टी
NCERT

राष्ट्रीय शैक्षिक अनुसंधान और प्रशिक्षण परिषद्
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FOREWORD

Yoga is receiving attention all the world over for its potential in promoting physical, mental and moral well-being. The NCERT has already recommended its introduction in school education as a compulsory activity in order to help in the development of the ability to concentrate, self-discipline, strength, stamina and physical fitness in the school children. The main emphasis of the NCERT's approach is on physical fitness and emotional balance, rather than on the spiritual aspects of yoga, which have been left out, not because these aspects are less important, but because yoga in the NCERT syllabus has been made a part of physical education. Yogasanas can be practised in all schools, as the asanas do not require any equipment, or much space. This Guide for the teaching of yogasanas may be useful not only to the school teachers for whom it is meant, but also to others who may wish to learn how to practise some common yogasanas. Suggestions for the improvement of the Guide would be welcome.

New Delhi
21 July 1980

SHIB K. MITRA
Director
National Council of
Educational Research and Training

INTRODUCTION

This Guide is the first of the instructional materials to be published as part of the Physical Education Project of the Extension Unit, National Council of Educational Research and Training. The Guide is based on the publication, *Physical Education—A Draft Curriculum for Classes I to X*, published in April 1980. It describes briefly yogasanas recommended for Classes V to X, as part of the physical education syllabus spelt out in the Draft Curriculum for Physical Education (See Pp. 102-103.) While yogasanas are to be introduced in Class V, they can be introduced in Class IV in the states where it is the last class of the lower primary stage.

The physical education syllabus is activity-oriented. Therefore practice of asanas has been given more importance. A few *kriyas* have also been included.

This Guide is meant for teachers. It gives a brief description of each asana, followed by a description of the successive actions or stages for practice. Some important positive and negative points, which have to be kept in view in order to avoid incorrect postures while practising an asana, have also been given. Each stage for the practice and the final position of every asana have been illustrated. A special feature of the Guide is that it is profusely illustrated so that teachers can learn the asanas listed in the syllabus with its help after some initial training in yogasanas.

The Guide has been developed with the help of Shri S. K. Ganguly, Assistant Director, Research, Kaivalyadhama, Lonavla, who prepared the manuscript based on the Draft Curriculum for Physical Education mentioned above. The following sources were used for its preparation :

1. Kuvalayananda, Swami, *Asanas*, Lonavla, K.S.M.Y. Samiti.
2. Kuvalayananda, Swami, *Pranayama*, Lonavla, K.S.M.Y. Samiti.
3. संचालक, क्रीडा व युवक कल्याण विभाग, पुणे, "सचित्र शालेय योगाभ्यासक्रम" (मराठी)
डॉ० घरोटे द्वारा लिखित

The manuscript was edited by Dr M. L. Gharote, Deputy Director, Research, and Principal, G. S. College of Yoga and Cultural Synthesis, Kaivalyadhama, Lonavla, who also supervised the preparation of the illustrations. We are deeply indebted to both of them for their invaluable help in preparing this Guide. It is hoped that teachers will find it useful.

PRAKASH P. SINGH
Head

Extension Unit

National Council of

Educational Research and Training

New Delhi
July 1980

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YOGASANAS FOR CLASSES V-X

Overview

Yoga is a cultural heritage of India. Although the origin of yoga is obscure, it has a long tradition. In course of time various schools of yoga developed, advocating particular types of methodology including varieties of systematised practices of yoga depending on their particular approach but leading to the common goal of highest integration and self-realisation.

The school of Hathayoga deals with the common man and it contains the practices of Asanas, Pranayamas, Bandhas, Mudras, Kriyas and visualisation techniques which are helpful to keep oneself physically fit, mentally alert and emotionally balanced and which ultimately prepare ground for the spiritual development.

The main emphasis of the present yogic curriculum for the school-going children is on their physical fitness and emotional stability rather than on the spiritual aspect of yoga.

Postures or Asanas form an important basis not only of this curriculum but also of other yogic practices. They have, therefore, been given more weightage. However, the curriculum of yoga presented here is not lop-sided. Other practices have also been included here.

Asanas may be broadly classified into three categories :

1. Cultural or Corrective Asanas.
2. Meditative Asanas.
3. Relaxative Asanas.

The cultural asanas can further be classified into the following two groups, depending on the effects produced :

1. Asanas that work through and on the spine and visceral organs.
2. Asanas that work through the skeletal muscles, ligaments and joints.

Meditative asanas are for quiet sitting and are used for higher practices in yoga.

Relaxative asanas are those which remove tensions and bring about physical as well as mental relaxation. The important asanas in this category are Shavasana and Makarasana.

Pranayamas are the practices for the control of respiratory impulses which bring about emotional stability and peace of mind.

Bandhas and Mudras are the practices involving manipulations of certain semi-voluntary and involuntary muscles in the body. These bring about voluntary control

and tone up the internal organs.

Kriyas are purificatory processes. The Kriyas included in the curriculum produce purificatory effects by the manipulation of certain muscles and organs which are responsible for the process of elimination.

The above-mentioned practices will be helpful in forming an adequate sub-stratum for the self-imposed code of conduct and better regulated life.

Guidelines for Teaching Yogasanas

1. The class of yogic practices should start with a quiet mood which could be attained by reciting a short prayer.
2. Yogic practices should be introduced on the basis of the principle of progress.
3. While practising asanas, relaxation in the effort of performance should be emphasised. Sufficient practice in relaxation should be given to the students.
4. Yogic practices and other physical activities should not be combined in one session. These two types of activities could be separately practised in order to get better results.
5. Yogic practices should be introduced to the students either in the morning or in the evening so that they are performed on light stomach.
6. Students should use adequate dress during the performance of yogic practices.
7. Participation in yogic practices by girls should not be insisted upon during their menstrual periods.
8. Students should be encouraged to carry on yogic practices at home once they are introduced in the school.
9. Apart from the introduction of actual yogic practices, the teachers may give information about great yogis and saints emphasising moral and ethical values connected with the events in their lives. Visits to some yoga centres or institutions should form a part of an educational tour with a view to showing yogic activities to the students.

Equipment

It is convenient to hold the practical classes in the yogasanas in a hall where a carpet is spread. The classes where no lying postures are taught may be occasionally held outside.

Evaluation Procedure

All yogic practices may be evaluated for the performance on the five-point scale as follows :

<i>Aspect of Evaluation</i>	<i>Points</i>
1. Student's motivation for the performance	1
2. Ability to perform the practice	1
3. Knowledge of proper technique	1
4. Ability to maintain the pose	1
5. Ease and grace in performance	1
	<hr/> 5 <hr/>

In Class V assessment is to be made without any formal tests. Evaluation of children's achievement ought to be done by the teacher all through the learning process without specifically earmarking separate time for evaluation.

Yogic practices are one of the seven or eight other activities included in the physical education programme. The teacher should, therefore, study the Scheme of Evaluation given in Appendix 2, to know the distribution of marks for different activities.

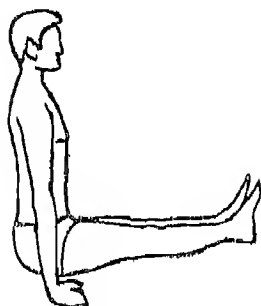
Yogasanas for Class V

SWASTIKASANA

Swastikasana is one of the meditative postures. In Sanskrit *swastika* means 'auspicious'. Even the crossing of the legs is called Swastika. In this posture the legs cross each other, hence it is named as Swastikasana. Bend the left leg in the knee and place its heel against the opposite groin and keep the sole closely in touch with the opposite thigh. Set the right heel against the left groin and insert the toes between the calf and the thigh. Thus the soles are set along the length of the thighs. Sit with the body erect. Keep the eyes closed and place the hands on the knees.



Stages for Practice



Starting Position : Sitting with the legs extended together.



2. Bend the right leg in the knee and adjust the right foot comfortably between the left thigh and the calf.



1. Bend the left leg in the knee and adjust the left foot in the right groin,



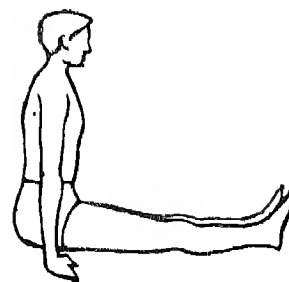
3. Sit erect and place the hands on the knees.

4. Close the eyes and maintain the position comfortably.

5. Open the eyes gently.



6. Unfold the right leg and extend it.



7. Unfold the left leg and extend it.

8. Place the hands on the sides and come back to the starting position.

Important Points to Remember

Do's

1. Adjust the toes comfortably between the thighs and the calves.

Don'ts

1. Avoid sitting with forward or backward bending.

Expected Learning Outcomes

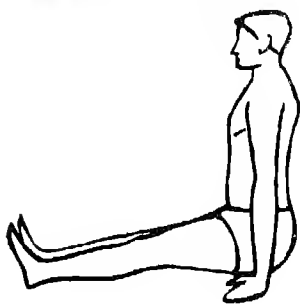
1. It helps in calming down the mind and gives a feeling of freshness.
 2. Useful in concentration.
-

ARDHAPADMASANA (VIRASANA)

Like Swastikasana, this is also a meditative posture. It is also called Virasana. This is done by arranging one foot on the opposite thigh and the other foot under the opposite thigh. It is called Ardhapadmasana or half-lotus posture because half the technique of Padmasana is employed in this posture. This posture can also be practised by changing the legs.



Stages for Practice



Starting Position : Sitting with legs extended together.



1. Fold the left leg in the knee and place the left foot against the right thigh.



2. Similarly fold the right leg in the knee and place the right foot on the left thigh.

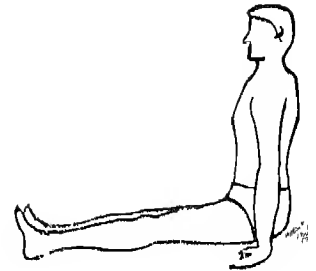


3. Place the hands on the respective knees with ease and sit erect.
4. Close the eyes and maintain the pose for a comfortable time.

5. Open the eyes gently.



6. Extend the right leg.



7. Extend the left leg.
8. Place the hands on the sides and return to the starting position.

Important Points to Remember

Do's

1. Adjust the feet in such a way that the knees are kept on the ground.

Don'ts

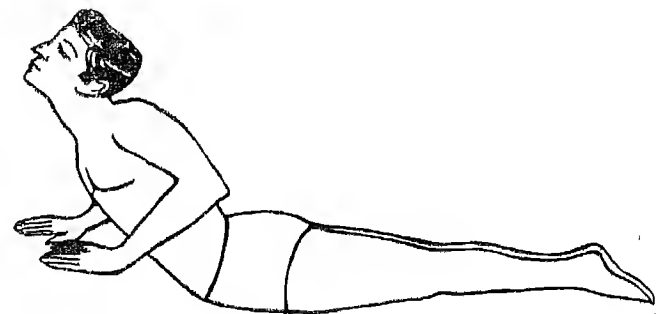
1. Avoid bending at the loins.

Expected Learning Outcomes

1. It is a preparatory asana for Padmasana.
2. Being a meditative pose, it calms down the mind.

BHUJANGASANA

The posture is named Bhujangasana as the full display of it resembles a hooded snake under irritation. Lie prone by placing the hands extended along the body, forehead resting on the ground in a relaxed manner. Place the palms on the ground by the side of the chest. Slowly raise the forehead up, then the neck and then the chest. Try to give a full backward curve to the spine so that the pressure is felt at the abdomen. Maintain the posture comfortably for some time and come to the starting position slowly in the reverse order.



Stages for Practice



Starting Position : Lie prone with the forehead resting on the ground, the arms extended along the body and the legs fully stretched.



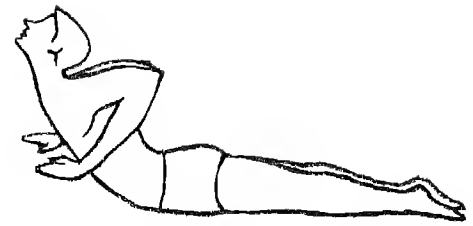
1. Place both the hands by the side of the chest bending them at the elbows which are raised.



2. Slowly raise the head by bending the neck backward.



3. Looking up raise the chest slowly from the ground giving a good bend to the spine.



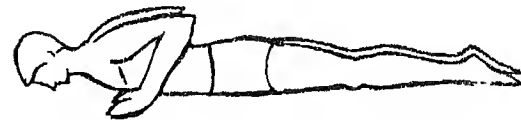
4. Further raise the upper part of the abdomen and maintain the posture.



5. Bring down the upper part of the abdomen to the ground.



6. Lower the chest to the ground.



7. Bring the forehead to the ground.



8. Come to the starting position by extending the arms.

Important Points to Remember

Do's

1. The trunk should be raised only up to the navel region.
2. Least pressure should be exerted on the hands.
3. Raise the trunk slowly, as if one is lifting the vertebrae one by one like loops in a chain.
4. Maintain the asana for a comfortable time.

Don'ts

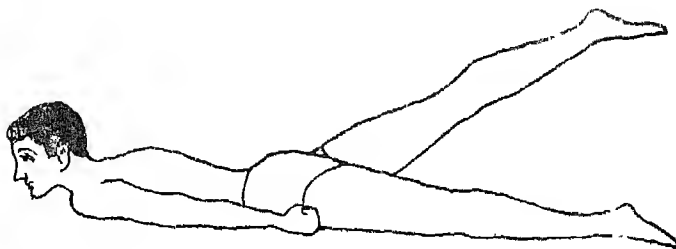
1. Avoid straightening the elbows.
2. Don't allow the elbows to spread out.
3. Avoid all jerky actions and strain.

Expected Learning Outcomes

1. It gives flexibility to the spine.
2. It improves the function of the organs situated in the abdominal cavity and the organs of respiration.

ARDHA-SHALABHASANA

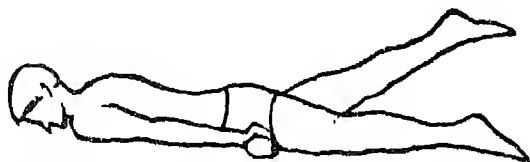
This posture is a simple modification of the original posture named as Shalabhasana. In Sanskrit *shalabha* means 'locust'. While performing this posture the body resembles the shape of a locust. Imitating the Shalabha with one leg in this posture is called Ardha-Shalabhasana. Lie prone on the ground by keeping the hands extended along the body, the fists closed and the chin resting on the ground. Slowly raise one of the legs from the ground by keeping the knee straight. Maintain the posture for a comfortable time and come back to the starting position. Then repeat with the other leg.



Stages for Practice



Starting Position : Lie prone with the chin resting on the ground, the arms extended along the body and the legs fully stretched



1. Keeping the knee straight raise one of the legs (say right) from the ground as far as possible and maintain the posture comfortably for some time.



2. Lower the raised leg to the ground slowly.



3. Similarly raise the other leg (left) slowly to the maximum and maintain the posture for some time.



4. Lower the raised leg to the ground.

Important Points to Remember

Do's

1. The legs should be raised only to the point where the pelvis does not tilt.
2. The chin should be kept on the ground throughout.
3. Maintain the final position for some comfortable time.

Don'ts

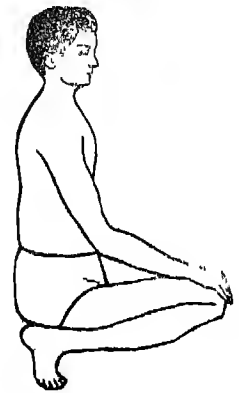
1. Avoid bending the knees while raising the legs alternately.
2. Do not raise the legs so high as to lift the body beyond the umbilicus.

Expected Learning Outcomes

1. It strengthens the muscles of the loins.
2. It improves the tone of the abdominal organs.

UTKATASANA

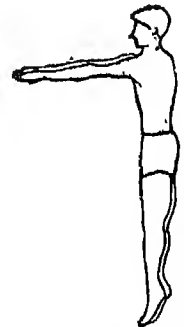
This is a balancing posture. The posture is known as Utkatasana because in this asana the hips are kept raised. In Sanskrit the preposition *ut* means 'raised' and *kata* refers to hips. Stand erect. Placing the toes firmly on the ground raise both the heels and sit with the hips between the heels. Place the hands on the knees and try to take balance in this position. It is different from ordinary squatting position where generally heels are placed on the ground and the buttocks rest on them. But in this posture both the buttocks and the heels are raised from the ground and the whole weight of the body is placed on the toes.



Stages for Practice



Starting Position : Erect standing position with the feet together.



2. Raise the heels and simultaneously raise the arms in front at a shoulder level.



1. Make a comfortable distance between the feet.



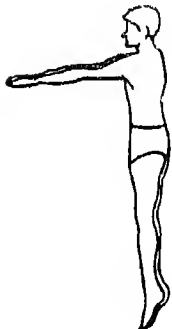
3. Sit slowly on the toes by bending the knees and raising the heels. Set the hips between the raised heels making the thighs horizontal to the ground. Place the hands on the ground.



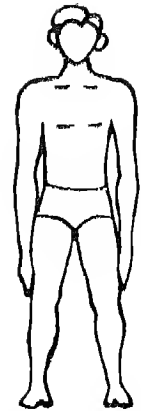
4. Keeping the head, the neck and the body erect, rest the hands on the respective knees. Maintain the pose for some time with balance.



5. Take the hands off the knees and place them on the sides.



6. Raise the arms up to the shoulder level and simultaneously raise the body on the toes without lowering the heels.



7. Lower the heels and bring down the hands on the sides.



8. Come to the starting position by reducing the distance between the feet.

Important Points to Remember

Do's

1. One should do the asana very slowly.
2. The heels should be raised to the extent of making an angle of about 45° to the ground.
3. Keep the knees a little apart.
4. Keep the thighs parallel to each other and horizontal to the ground.

Don'ts

1. Avoid bending the trunk forward.

Expected Learning Outcomes

1. Improves the balancing mechanism.
2. Strengthens the muscles and the joints of the legs.

TADASANA

This posture is called Tadasana because in it the student imitates a Tada tree which is known for its height. Hence the name Tadasana. *Tada* means 'palm tree' in Sanskrit. To start with the asana one stands with the feet together, the hands close to the body, the heels raised and the head erect. Both the arms are raised above the head and kept close to the ears. The fingers are well stretched out.



Stages for Practice



Starting Position : Standing with the toes together



2. Raise the heels and balance the body on the toes.
3. Give full stretch to the body in upward direction.



4. Relax the stretched body.
5. Bring the raised heels back to the ground.



1. Inhaling, slowly raise the hands upwards, the palms facing each other.



6. Exhaling bring the hands down and come to the starting position.

Important Points to Remember

Do's

1. Stretch the arms and fingers fully.
2. Keep the head, the neck and the body in one line.
3. In the beginning of the practice one may keep the feet a little apart.

Don'ts

1. Avoid bending forward

Expected Learning Outcomes

1. Improves balancing mechanism.
2. Increases the general tone of the muscles.
3. Improves the respiratory functions.

VRIKSHASANA

This is another balancing posture. In Sanskrit *vriksha* means 'tree'. The final posture resembles a tree with the legs and the hands as its branches. Stand erect. Bend the right leg at the knee. Place the sole of the right foot firmly at the root of the left thigh. Fold the hands as in 'Namaskara'. Balance on one leg and after some practice try to close the eyes. Repeat the same with the other leg.



Stages for Practice



Starting Position : Stand with the feet together.



2. Fold both the hands on the chest in the Namaskara position.



1. Bend the right leg in the knee and place the right sole at the root of the left thigh.



3. Place the right foot on the ground and bring the hands on the sides.



4. Bend the left leg in the knee and place the left sole at the root of the right thigh.



6. Place the left foot on the ground and bring the hands on the sides.



5. Fold both the hands on the chest in the Namaskara position.

Important Points to Remember

Do's

1. Taking the help of the hands place the foot at the root of the thigh, pointing the toes downward.
2. Keep the knee of the folded leg projected sideways.

Don'ts

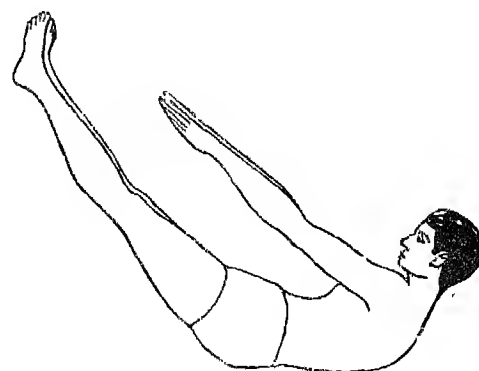
1. Avoid any angle between the feet.
2. Avoid bending at the loins.

Expected Learning Outcomes

1. Improves balancing mechanism.
2. Increases the strength of the muscles of the legs.

NAUKASANA

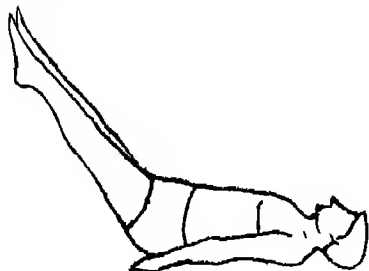
This is an imitation of a boat from the supine position. *Nauka* means 'boat' in Sanskrit. Hence it is named as Naukasana. From the supine position when the legs are raised on one side and the trunk on the other to about 45° and the hands are fully stretched forward, this asana is completed. The posture is maintained for some time so long as it is comfortable. This can be repeated according to the capacity and the need.



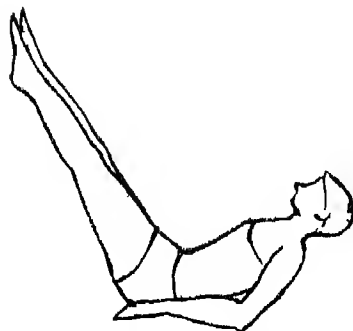
Stages for Practice



Starting Position : Lie on the back with the hands extended along the body and the feet together.



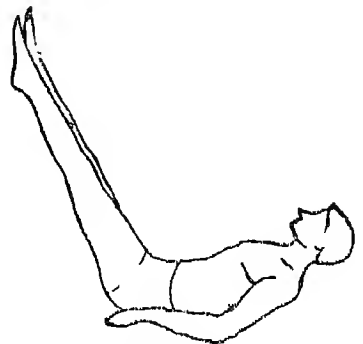
1. Raise both the legs together to about 45°.



2. Raise the trunk and the head to 45° approximately.



3. Stretch the hands forward and maintain the position for a comfortable time.



4. Bring the hands on the sides.



5. Bring the trunk and the head to the ground.



6. Bring the legs down and come back to the starting position.

Important Points to Remember

Do's

1. Repeat the asana to get optimum exercise to the abdominal muscles.
2. Stretch your hands fully.

Don'ts

1. Avoid bending at the knees and leaning backward.

Expected Learning Outcomes

1. Increases the tone and strength of the abdominal muscles.
2. Helps better functioning of the abdominal organs.

PADAHASTASANA

This posture is called Padahastasana as one is supposed to touch the feet with the hands by bending the trunk. Keep the feet together, and stand erect. Bend forward gradually and try to touch the ground with the hands placed closer to the feet. Keep the knees straight. Try to bring forehead closer to the knees and touch them. Maintain the asana with ease for some time and return to the standing position. Repeat the same if felt necessary.



Stages for Practice



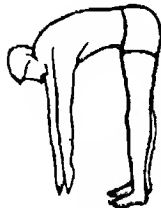
Starting Position : Stand with the feet together



3. Bring the head between the arms.



4. Touch the knees with the forehead and maintain the posture.



1. Bend forward slowly.



2. Touch the ground with both the hands.



5. Take away the head from the knees and bring it between the arms,



6. Bring the head out of the arms.



7. Raise both the hands above the ground.

8. Return to the starting position.



Important Points to Remember

Do's

1. The knees should be kept straight while bending forward.
2. The trunk should be bent downwards with comfort.
3. In the initial practice, one may keep the feet a little apart.
4. Exhale while bending the body to have a better forward flexion.
5. Repeat the asana.

Don'ts

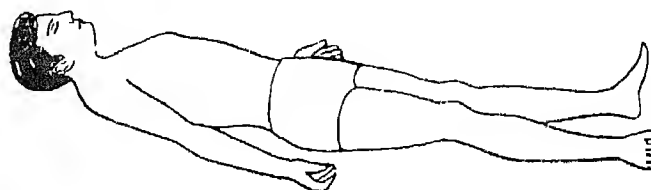
1. Avoid all sorts of jerks either mild or violent.
2. Do not force touching the forehead to the knees.

Expected Learning Outcomes

1. It strengthens the back and thigh muscles.
 2. Improves the flexibility of the spine.
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SHAVASANA

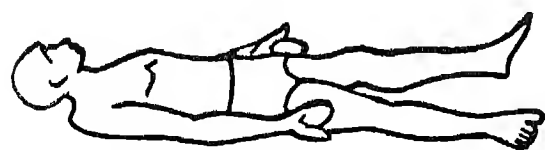
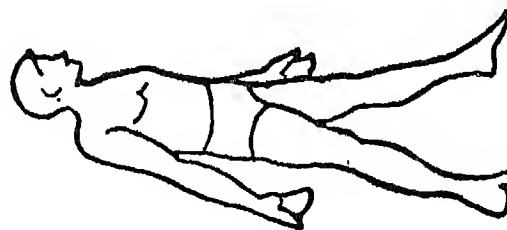
It is a traditional relaxative posture. The posture is called Shavasana as it resembles a dead body. In Sanskrit *shava* means 'a dead body'. Lying supine on the ground at full length, motionless like a dead body, is called Shavasana. Adopt a comfortable supine posture with the feet kept comfortably apart and the hands on the sides with the fingers semiflexed. Once the final posture is assumed, there should not be any movement in the body. Close the eyes. Start a little deeper abdominal breathing and attend to the flow of breath.



Stages for Practice



Starting Position : Lying on the back with the hands extended along the body and the feet together.



1. Make a distance of about one to two feet between the feet, the toes pointing outside.

2. Place both the hands on the ground at a comfortable distance from the body with fingers in a semiflexed position.
3. Keep the head in a most convenient position.
4. Close the eyes, and gradually withdraw your body sense.
5. Start with a moderately deep abdominal breathing.
6. Attend to the flow of the breath without moving the body.

Important Points to Remember

Do's

1. Take a comfortable supine position which offers least resistance to the gravity.
2. Keep the eyes closed throughout the practice.

Don'ts

1. Once the final posture is assumed do not move the body.

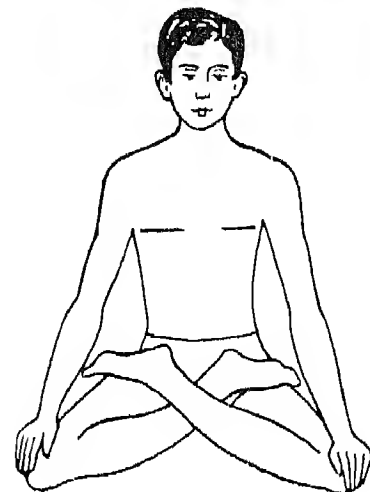
Expected Learning Outcomes

1. Removes physical and mental fatigue.
2. Gives a sense of relaxation and feeling of freshness.

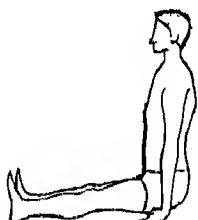
Yogasanas for Class VI

PADMASANA

Padmasana is one of the meditative postures, and it resembles a lotus from a distance. In Sanskrit *padma* means 'lotus'. Sometimes it is also called Kamalasana. Fold the right leg in the knee and place the right foot at the left groin in such a way that the right heel touches the lower part of the abdomen on the left. Similarly, fold the left leg in the knee and set the left foot at the right groin, adjusting the heel to touch the lower part of the abdomen on the right. This completes the foot-lock. Now place the hands on the corresponding knees either covering them with the palms or the fingers may be formed into Jnana-Mudra which is done by resting the wrists on the knees and joining the index fingers with their respective thumbs, while the rest of the fingers are spread out. Keep the eyes closed and sit erect.



Stages for Practice



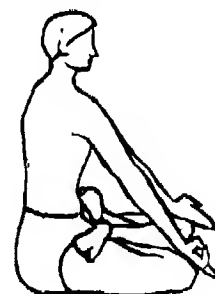
Starting Position : Sitting with the legs extended together.



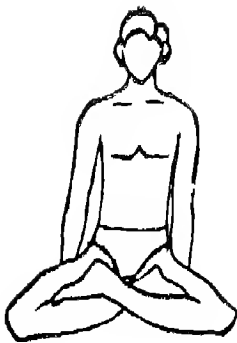
2. Fold the left leg in the knee and keep the heel in touch with the lower part of the abdomen.



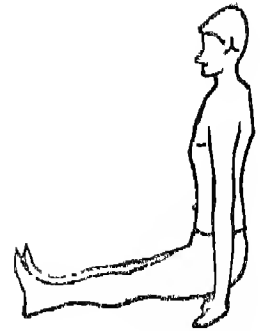
1 Fold the right leg in the knee and place it in the left groin in such a way that the right heel is touching the lower part of the abdomen.



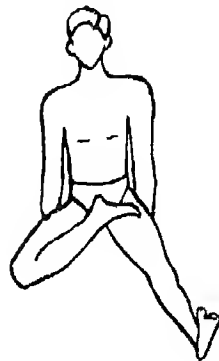
3. Place both the hands on the respective knees and sit erect by closing the eyes,



4. Open the eyes and remove the hands from the knees and place them on the ground.



6. Remove the right foot from the left thigh and extend it to come to the starting position.



5. Remove the left foot from the right thigh and extend it

Important Points to Remember

Do's

1. Keep the heels in touch with the lower abdomen.
2. Keep the knees in touch with the ground and if necessary press them down gently by hands.

Don'ts

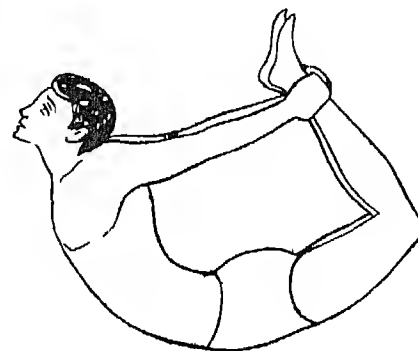
1. Avoid bending at the back or at the loins.
2. Avoid applying force while making a foot-lock.

Expected Learning Outcomes

1. Improves better circulation in the legs.
2. Helps to improve faulty posture.
3. Helps to become more introspective.
4. Helps to remove mental and physical fatigue.
5. Is useful in higher practices like Pranayamas and Meditation.
6. Helps to improve better concentration.

DHANURASANA

The posture is called Dhanurasana because it resembles a bow with the string joined to it. In Sanskrit *dhanu* means a 'bow'. Here the trunk and the thighs represent the proper bow structure while the hands and the legs represent a string. Lie prone with the chin resting on the ground and hands placed along the body. Bend the legs in the knee joints. Catch hold of the ankles. Raise both the ends, i.e. the chest on one side and the thighs on the other, resting the whole body on the abdomen. Try to look up and maintain the position for some time. Slowly release the posture. This completes Dhanurasana.



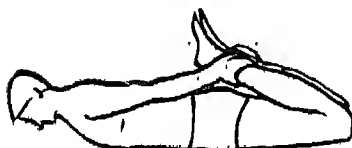
Stages for Practice



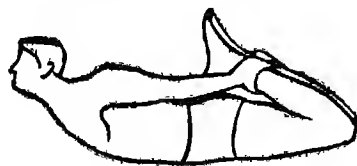
Starting Position : Lie prone with the feet together and the hands extended along the body.



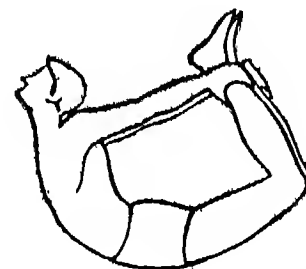
1. Bend the legs in the knees.



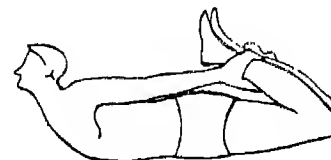
2. Hold the ankles firmly with the respective hands and keep the forehead on the ground.



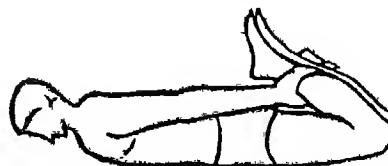
3. Inhale a little and raise the forehead.



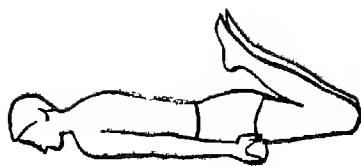
4. Raise the chest and the thighs by slowly pushing the ankles upwards to assume the position like a bow.



5. Release the posture by bringing the chest and the thighs back to the ground.



6. Bring the head back to the ground and rest on the chin.



7. Release the hold at the ankles and place the hands on the sides.



8. Unfold the legs and come to the starting position.

Important Points to Remember

Do's

1. Keep the knees a little apart so as to give a good bend at the back and the neck in the beginning.

Don'ts

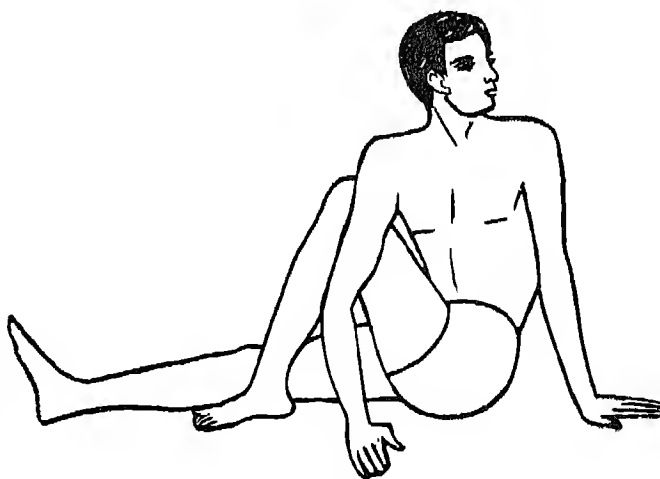
1. Avoid jerks in raising the body.
2. Avoid bending at the elbows while maintaining the final position.

Expected Learning Outcomes

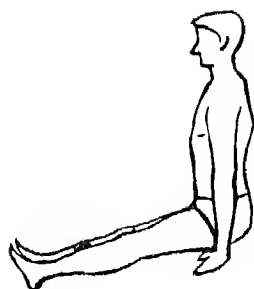
1. The deep and superficial muscles of the back become stronger.
2. Abdominal organs receive good exercise and their function improves.

VAKRASANA

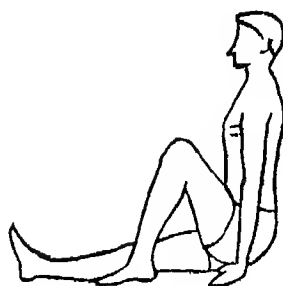
The posture is called Vakrasana because in doing so, the spine is twisted. *Vakra* in Sanskrit means 'twisted'. It is a simplified form of Ardha-Matsyendrasana and has been introduced by Swami Kuvalayananda as a preparatory posture for the Ardha-Matsyendrasana. Sit on the ground by stretching your legs out and keeping them together. Raise one of the knees (left) and place the foot by the side of the right knee. Place the left hand behind the back without twisting the trunk. The right arm is passed round the left knee from outside and the hand is placed on the ground. In doing this, try to twist the trunk to the left as best as possible. Finally turn the face to the left till the chin comes over the left shoulder. This completes one side of the posture. Release the posture and repeat it similarly with the right side by bending right foot at the knee. The left and right twists put together complete the whole asana.



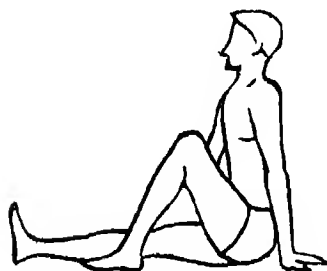
Stages for Practice



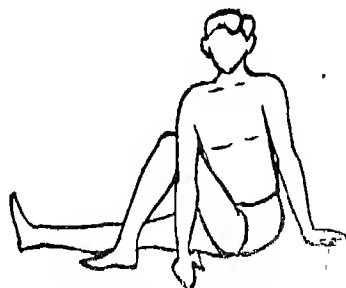
Starting Position: Sitting with the legs extended together.



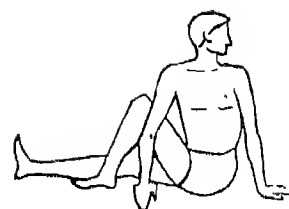
1. Bend the left leg in the knee and place the foot by the side of the right knee.



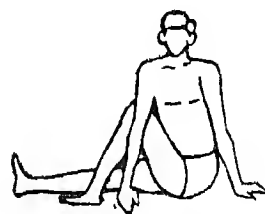
2. Place the left hand at the back and keep the body in erect position.



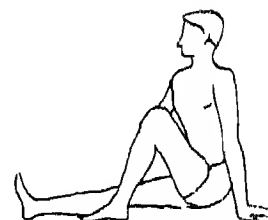
3. Pass the right arm over the left knee and place the hand on the ground.



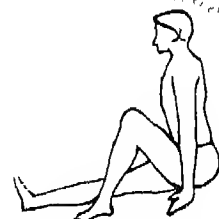
4. Pressing against the raised knee with the right arm give good twist to the trunk to the left and turn the head over the left shoulder.



5. Turn the head to the front. Withdraw the twist of the spine.



6. Withdraw the right arm from the left and place it on the right side.



7. Bring the left arm from the back and place it on the left side.



8. Extend the left leg and come to the starting position.

Important Points to Remember*Do's*

1. Give a good twist to the spine with the support of the arm.
2. Repeat the asana by changing the legs.

Don'ts

1. Do not keep the supporting hand either too far or too close to the body.

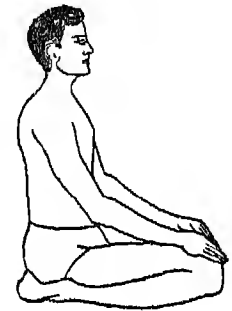
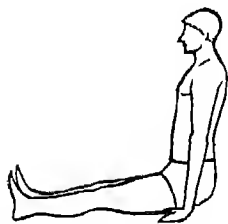
Expected Learning Outcomes

1. The spine gets gentle twist in both the directions, thereby it attains flexibility.
2. The neck muscles get good stretch and become stronger.
3. Helps in correcting postural defects.
4. Abdominal organs get considerable exercise which improves their functions.

VAJRASANA

Vajrasana is one of the meditative postures. Sit on the ground by stretching the legs together. Fold the left leg in the knee and arrange the foot by the side of the left buttock with the help of the hand. Keep the sole turned upward.

Similarly, fold the right leg in the knee and arrange the foot by the side of the right buttock with the help of the hand. Keep the sole turned upwards. Bring the knees close together. Sit erect and place the hands on the knees. Close the eyes.

**Stages for Practice**

Starting Position: Sitting with the legs extended together.



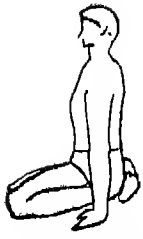
2. Similarly, fold the right leg in the knee and place the foot by the side of the right buttock. Keep the sole turned upward.



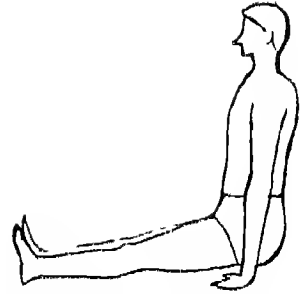
1. Fold the left leg in the knee and place the foot by the side of the left buttock. Keep the sole turned upward.



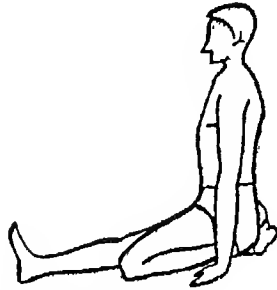
3. Bring the knees together and place the hands on the respective knees.
4. Close the eyes and maintain the posture as long as it is comfortable.
5. Open the eyes.



6. Withdraw the hands from the knees and place them on the respective sides.



8. Extend the left leg also with the help of the hand and come to the starting position.



7. Extend the right leg with the help of the hand.

Important Points to Remember

Do's

1. Adjust the heels in such a way that the buttocks are placed comfortably between them.
2. Keep the trunk erect.
3. Maintain the posture as long as it is comfortable.

Don'ts

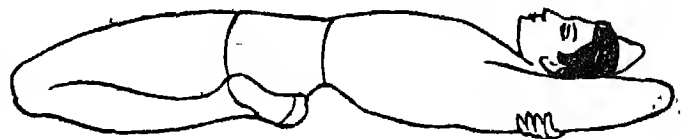
1. Avoid sitting on heels.

Expected Learning Outcomes

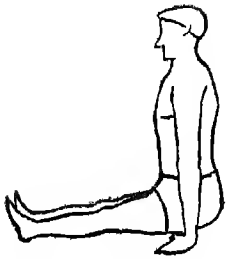
1. Ankle flexibility is increased.
 2. Beneficial to the pelvic organs.
 3. Helps in mental concentration.
 4. Prepares for higher practices of yoga.
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SUPTA VAJRASANA

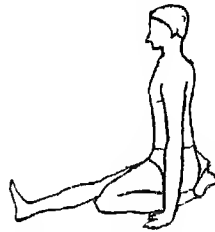
Supta Vajrasana is a further development of Vajrasana. It is so called because one lies supine in Vajrasana. In Sanskrit *supta* means 'lying'. After assuming proper Vajrasana lie supine on the ground by taking support of the elbows. Holding opposite shoulders cross the fore-arms under the head making a cushion and rest the head on it. Close the eyes. Maintain the posture for some time comfortably. Release the same by coming to Vajrasana with the help of the elbows.



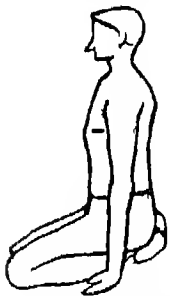
Stages for Practice



Starting Position : Sitting with the legs extended together



1. Fold the left leg in the knee and place the foot by the side of the left buttock.



2. Fold the right leg in the knee and place the foot by the side of the right buttock.



3. Lie on the back slowly with the support of the elbows.



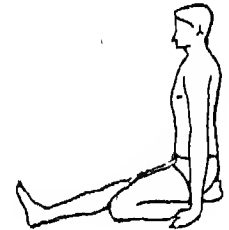
4. Hold the opposite shoulders with the hands and making a cushion of the forearms rest the head upon it.



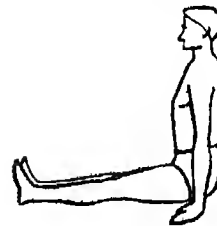
5. Release the crossed arms and bring them by the side of the body.



6. Sit back in Vajrasana with the support of the elbows.



7. Extend the right foot forward.



8. Similarly, extend the left foot and come to the starting position.

Important Points to Remember

Do's

1. Keep a little distance between the knees in the beginning of the practice. Gradually reduce the distance and bring the knees together after sufficient practice.

Don'ts

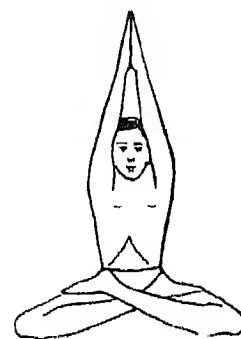
1. Avoid jerks while going to the supine position.
2. In the final position avoid making arch of the back.

Expected Learning Outcomes

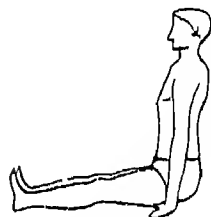
1. A good stretch is given to the thighs and the lumbar spine.
2. Beneficial to the pelvic organs.
3. Improves bowel movements.

PARVATASANA

The posture is called Parvatasana as it resembles a mountain after the full pose is assumed. *Parvata*, in Sanskrit, means 'mountain'. Form a foot-lock by folding the right leg upon the left thigh. Similarly, fold the left leg upon the right thigh allowing both the heels to touch the lower part of the abdomen. Raise both the hands from the side over the head and bring the palms together. Keeping the elbows straight and with a little inhalation, try to stretch the hands up as far as possible. Maintain the pose for some time and then bring the hands down by the side. If necessary, repeat the asana.



Stages for Practice



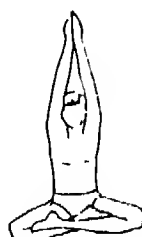
Starting Position : Sitting with the legs extended together.



3. Raise both the hands from the sides with inhalation and bring the palms together over your head.



1. Fold the right leg in the knee and put the right foot on the left thigh.



4. Stretch both the hands upwards and maintain the position for some time. Keep normal breathing.



2. Fold the left leg in the knee and put the left foot on the right thigh.



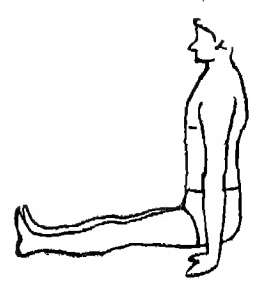
5. Lower your hands a little over your head.



6. Bring back both the hands from the sides and place them on the respective knees



7. Release the left foot from the right thigh and extend it forward.



8. Release the right foot from the left thigh and extend it to come to the starting position.

Important Points to Remember

Do's

1. Repeat the practice conveniently.

Don'ts

1. Avoid bending at the loins.
2. Avoid allowing the raised hands to fall outside the line of the head.

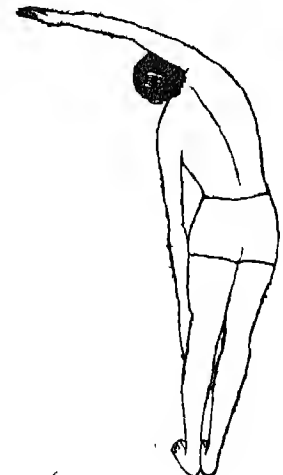
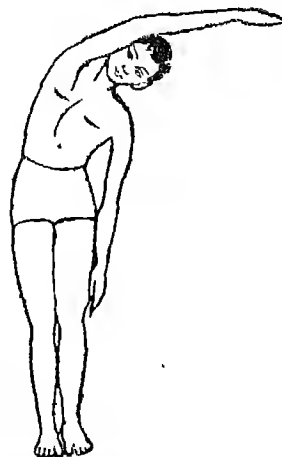
Expected Learning Outcomes

1. Gives a good stretch to the ribs and thoracic muscles and improves respiratory functions.
2. Relieves tension in the neck region.

CHAKRASANA

The posture is named as Chakrasana because it resembles the circular appearance of a wheel. In Sanskrit *chakra* means 'wheel'. Swami Kuvalayananda has included this asana in the yogic physical culture to give exercise in the lateral bending of the spine. Hence, it is a different variety of Chakrasana. Stand with the feet together and the hands in line with the body. Raise slowly one of the hands, say right, sideward and upward and keep the arm close to the ear.

Bend the trunk to the left side slowly, the right hand and the head following the bend. Keep the raised hand straight without any bend at the elbow. Maintain the posture for some time in the final position before returning to the starting position. Repeat the same procedure using the other hand and bending the trunk to the right side.



Stages for Practice

Starting Position : Standing with the feet together.

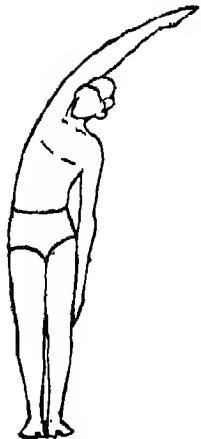


3. Release the posture by sliding the left hand back to the starting position.

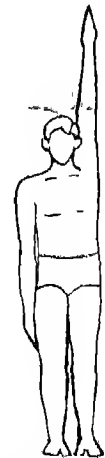


1. Raise the right hand from the side. Bring the hand close to the right ear and stand erect.

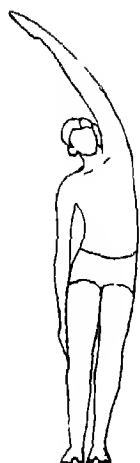
4. Bring the right hand down to the original position.



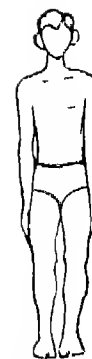
2. Slide the left hand down along the left leg as far as possible allowing the right hand and the head to follow the bend.



5. Raise the left hand from the side. Bring the hand close to the left ear and stand erect.



6. Slide the right hand down along the right leg as far as possible.



8. Bring the left hand down and come to the starting position.



7. Release the posture by sliding back the right hand to the original position.

Important Points to Remember

Do's

1. Raising of the hands and bending to the side should be done very slowly.
2. Keep the raised hand close to the ear.
3. Repeat the asana conveniently.

Don'ts

1. Avoid bending the body either to the front or to the back.
2. Avoid any angle between the feet.

Expected Learning Outcomes

1. Develops lateral flexibility of the spine.
2. Improves the respiratory functions.

SHAVASANA

(For details, see p. 17)

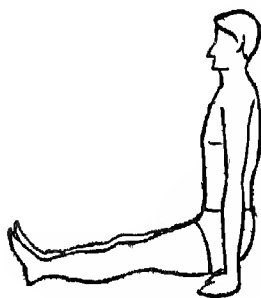
Yogasanas for Class VII

BADDHA PADMASANA

It is a further development of half-Padmasana and Padmasana. Place the right heel at the root of the left thigh and left heel at the root of the right. Cross the hands behind the back and take hold of the toes, the right big toe with the right hand and the left big toe with the left. Place the chin firmly on the chest and fix the gaze at the tip of the nose. This is called Baddha Padmasana. Retain the posture for some time comfortably. Repeat the activity by changing the foot-lock.



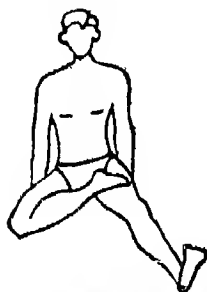
Stages for Practice



Starting Position : Sitting with the legs extended together.



3. Take the right hand to the back and hold the right big toe with it.



1. Fold the right leg in the knee and put the right foot on the left thigh.



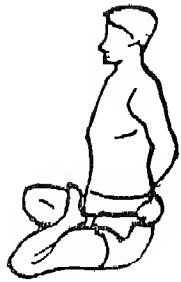
4. Take the left hand to the back and hold the left big toe with it.



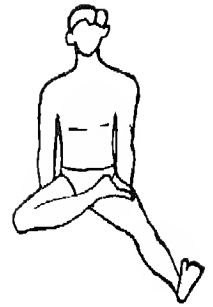
2. Fold the left leg in the knee and put the left foot on the right thigh.



5. Sit erect by resting the chin firmly on the chest. Fix the gaze at the tip of the nose. Maintain the pose for some time comfortably.



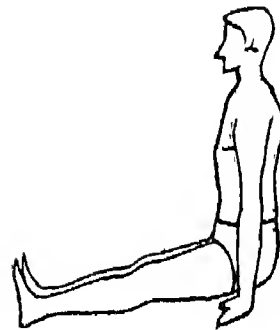
6. Release the chin-lock.



9. Release the left foot from the right thigh and extend it.



7. Release the left hand from the left big toe and place it on the left knee.



10. Release the right foot from the left thigh and extend it to come to the starting position.



8. Release the right hand from the right big toe and place it on the right knee.

Important Points to Remember

Do's

1. Keep the heels nearer to the root of the thighs.
2. It will be easy to hold the big toe, if a little forward bend is given to the trunk. After holding the big toes, keep the body erect.

Don'ts

1. Do not use force in catching hold of the big toes.

Expected Learning Outcomes

1. Improves flexibility of the joints of the lower extremities.
2. Improves circulation in the legs.
3. Helps to correct postural deformities.
4. Helps in concentration.

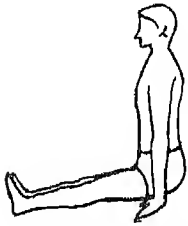
YOGA MUDRA

Form the foot-lock as is done in Padmasana. Take your hands to the back and catch hold of the right wrist with the left hand. Bend forward slowly so as to touch the ground with the forehead.

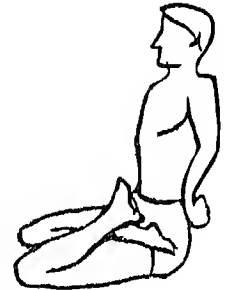
Maintain the posture for some time and then return to the erect sitting posture. Repeat this conveniently by changing the footlock and altering the grip of the hands.



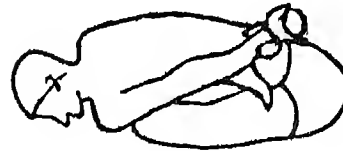
Stages for Practice



Starting Position : Sitting with the legs extended together.



3. Take both the hands to the back and hold the right wrist with the left hand.

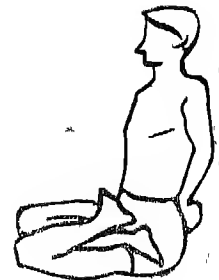


1. Fold the right leg in the knee and put the right foot on the left thigh.

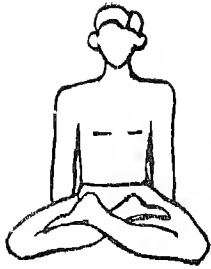
4. Slowly bend forward so that the forehead touches the ground and maintain the posture comfortably for some time.



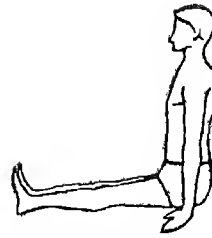
2. Fold the left leg in the knee and put the left foot on the right thigh.



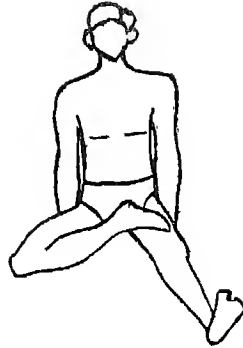
5. Return to the erect sitting position.



6. Release the grip of the hands.



8. Extend the right leg with the help of the hands and come to the starting position.



7. Extend the left leg with the help of the hands.

Important Points to Remember

Do's

Press the heels well at the lower abdomen

Don'ts

Do not forcibly touch the ground with the forehead when getting pain at the ankle or in the knee joint.

Expected Learning Outcomes

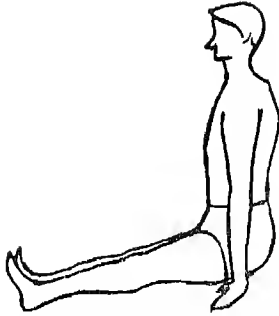
1. Helps in postural correction.
2. Stretches the muscles of the back and the legs.
3. Helps to stimulate the functions of the abdominal organs by decongesting them.
4. Helps to restore the flexibility of the spine.
5. Helps to increase the circulation in the pelvic region.

GOMUKHASANA

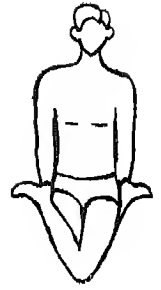
In this posture, the arrangement of the legs is just like Gomukha. It is an imitation of the face of a cow. Hence the name Gomukhasana. *Gomukha*, in Sanskrit, means 'the face of a cow'. This asana is also one of the meditative postures. Take a long sitting position. Bend the right leg in the knee and place its foot by the side of the left buttock just touching it. Then adjust the left knee exactly over the right knee and place the left foot on the floor touching the right buttock. Place the hands on the knees one over the other. Sit erect. Maintain the position for some time and repeat it by changing the legs and the hands.



Stages for Practice



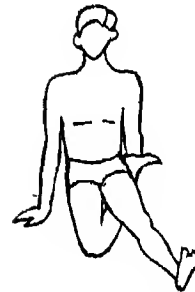
Starting Position: Sitting with the legs extended together



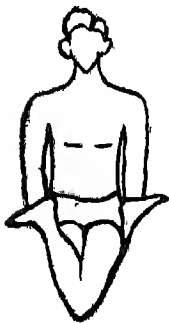
4. Withdraw the hands from the knees and place them on the respective sides.



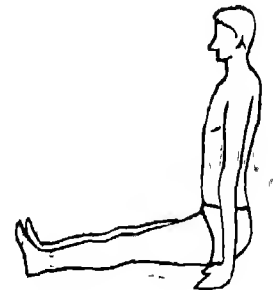
1. Fold the right leg in the knee. Bring the right foot to the left side and place it close to the left buttock.



5. Release the left foot and extend it.



2. Fold the left leg in the knee. Bring the left foot to the right side and place it close to the right buttock.



6. Release the right foot and extending it, come to the starting position.



3. Place both the hands on the knees one over the other and maintain the posture as long as comfortable.

Important Points to Remember

Do's

1. Keep the heels in touch with the buttocks.
2. Keep the knees one over the other.
3. Keep the body erect without bending in the loins.
4. Practise the asana by changing the hands and the legs.

Don'ts

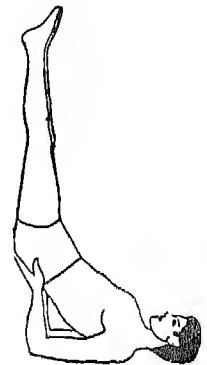
1. Do not sit on the heels.
2. Do not allow the knees to be raised.

Expected Learning Outcomes

1. Helps in better blood circulation in the abdominal organs.
2. Helps to increase the range of movements of the joints of the legs.

VIPARITAKARANI

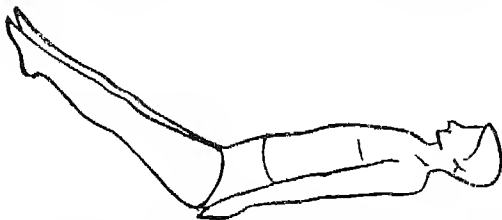
The posture is so called because in this the body is inverted or is made to stand upside down. In Sanskrit *viparita* means 'inverted' and *karani* means 'action'. Hence the name. Lie supine on the ground, the hands stretched along the body. Raise both the legs slowly making an angle of 30°. Rest awhile there and then go still further making an angle of 60°. Rest awhile there and then go still further making an angle of 90°. Rest there for a few seconds. Now taking support of the arms and also the elbows raise the lower part of the trunk, making some angle at the pelvic region. Maintain the posture for some time and come back. This completes Viparitakarani.



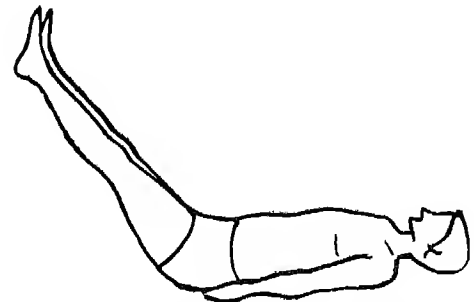
Stages for Practice



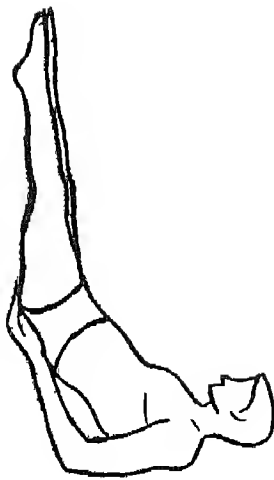
Starting Position : Lie on the back with the hands extended along the body and the feet together.



1. Raise both the legs slowly up to 30° and maintain the position for some time.

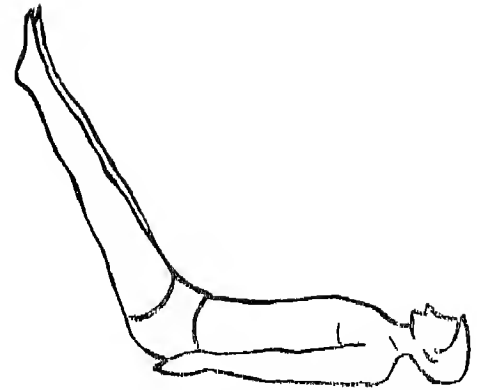


2. Raise slowly the legs further up to 60° and maintain the position for some time.



3. Raise the legs still further up to 90° and maintain the position for some time.
4. Bend the legs towards the head and raise the buttocks. With the support of the hands and the elbows hold the buttocks and keep the legs straight.

5. Lower the legs on the chest and bring the buttocks on the ground, by releasing the support of the hands. Bring the legs up to 90° and stop there.



6. Lower the legs slowly now up to 60° and stop there.



7. Lower the legs still up to 30° and stop there.



8. Bring both the legs slowly on the ground.

Important Points to Remember

Do's

1. Slowly and carefully raise the legs and bring them back by stopping at different angles.
2. Try to keep the normal breathing throughout.

Don'ts

1. Avoid jerks while releasing the hands from the buttocks to bring them back to the ground.
2. Do not keep much distance between the two elbows while supporting the buttocks.

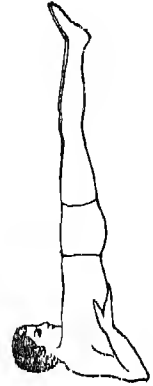
Expected Learning Outcomes

1. Helps in toning up the abdominal muscles and organs and improves their functions.
2. Helps better return of the venous blood.
3. Helps to prepare for Sarvangasana.

SARVANGASANA

The posture is called Sarvangasana, because it influences the whole body and its functions. *Sarya* means 'whole' and *anga* means 'body', in Sanskrit. It is a further development of Viparitakarani. After having taken the position of Viparitakarani further raise the whole trunk with the support of the arms and the elbows till it stands erect on the ground.

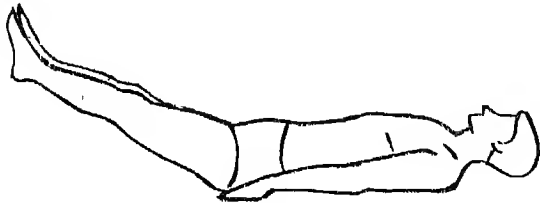
The body stands vertically on the shoulders. Try to support the trunk from behind with the bracketed hands till the chin is well set in the jugular notch. This completes Sarvangasana. Maintain the posture as long as possible without any discomfort.



Stages for Practice



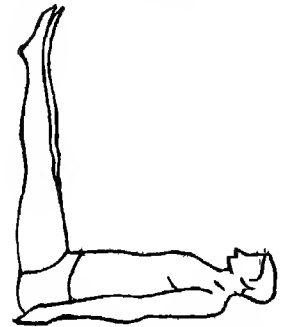
Starting Position : Lie on the back with the hands extended along the body and the feet together.



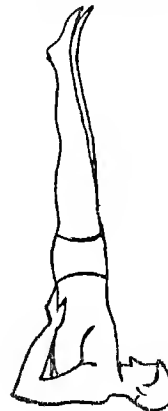
1. Raise both the legs slowly up to 30°, keeping the knees straight, and stop there for some time.



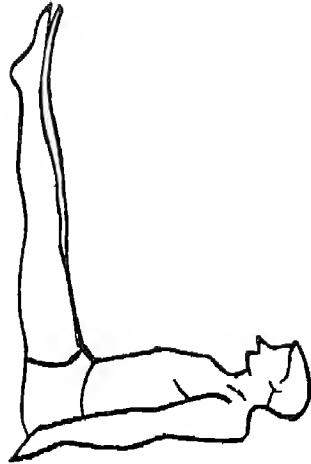
2. Raise the legs further up to 60° and stop there for some time.



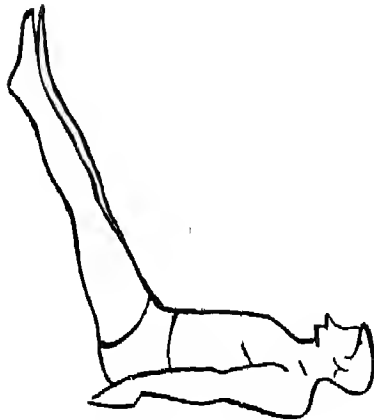
3. Raise the legs still further up to 90° and stop there for some time.



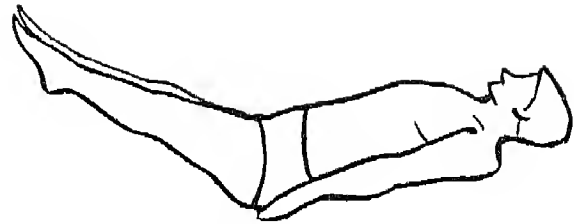
4. Raise the whole trunk and press it from the back with the hands till the chin is well set in the jugular notch.



5. Release the support of the hands from the back and bring the legs up to 90°.



6. Lower the legs slowly up to 60° and stop there.



7. Lower the legs still up to 30° and stop there.



8. Bring both the legs slowly to the ground.

Important Points to Remember

Do's

1. Movements of the legs should be very slow, stopping at different angles.
2. Raise the legs till they stand vertically resting on the shoulders.
3. Press the trunk with both the hands.

Don'ts

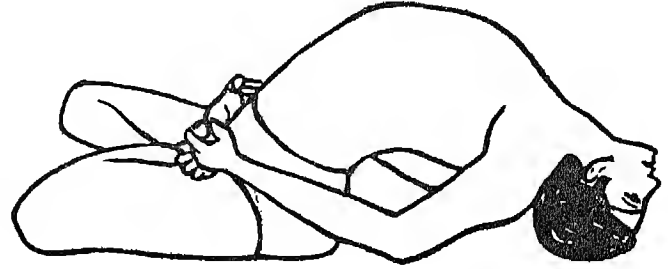
1. Avoid bending in the legs and loins.
2. Avoid jerky action in assuming the final position or returning from it.

Expected Learning Outcomes

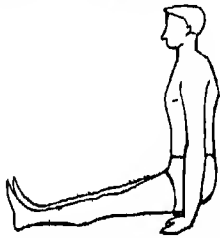
1. Gives good exercise to the neck region.
 2. Helps better return of the venous blood.
 3. Helps in maintaining healthy thyroid function.
 4. Improves the health of the abdominal organs.
-

MATSYASANA

The posture is called Matsyasana because by performing it in water one could float like a fish. *Matsya* means 'fish' in Sanskrit. Form the foot-lock as in Padmasana. Lie in the supine position on the ground with the help of the elbows. Make an arch of the spine by bending the head and the trunk backward. Now form hooks of the index fingers and catch the opposite big toes with them. This is known as Matsyasana. Maintain the posture comfortably. It is a complementary pose for Sarvangasana.



Stages for Practice



Starting Position : Sitting with the legs extended together.



1. Fold the right leg in the knee and place the foot in the left groin.



2. Fold the left leg in the knee and place the foot in the right groin.



3. Take support of the elbows and lie supine on the ground.



4. Take the help of the arms and give a backward bend to the neck and the trunk.



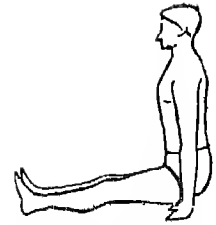
5. Make hooks of the index fingers and catch the opposite big toes with them.



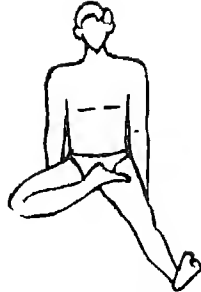
6. Release the bend at the back.
7. Release the hands from the big toes.



8. Sit up with the help of the elbows.



10. Remove the right foot from the left thigh and by extending it come to the starting position.



9. Remove the left foot from the right thigh with the hands and extend it.

Important Points to Remember

Do's

1. Try to make the maximum arch of the spine.
2. Keep the hands bent at the elbows.
3. Maintain the posture so long as it is comfortable.

Don'ts

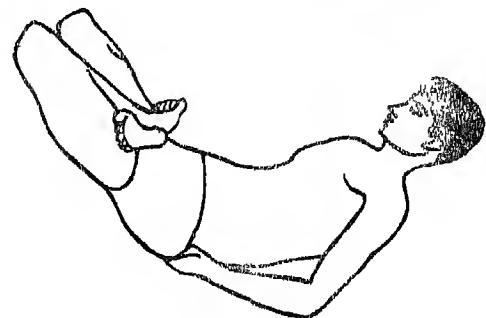
1. Do not allow the knees to come up from the ground while arching the back.

Expected Learning Outcomes

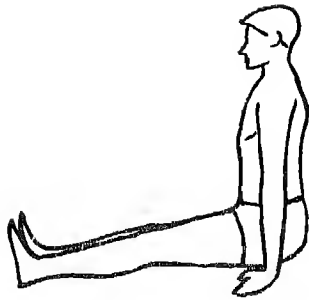
1. Gives a good backward bend to the spinal column and makes it flexible.
2. Gives a good bend to the neck region.
3. Helps to increase the tone of the abdominal muscles.
4. Helps in the proper functioning of the thyroid glands.

TOLANGULASANA

This asana is performed by balancing the whole body on the fingers. Hence the name Tolangulasana. Form a foot-lock as mentioned earlier in the Padmasana. Now lie supine with the help of the elbows and insert the fists under the buttocks. Raise the trunk and the head on one side and the foot-lock on the other. Thus the whole body will be balanced on the fists. Maintain the posture for some time and release. Repeat the activity, if found suitable.



Stages for Practice



Starting Position . Sitting with the legs extended together.



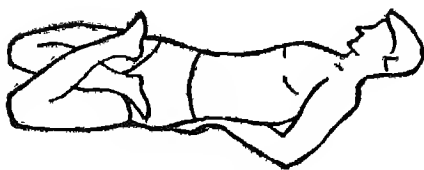
1. Bend the right leg in the knee and place the foot on the left thigh.



2. Bend the left leg in the knee and place the foot on the right thigh



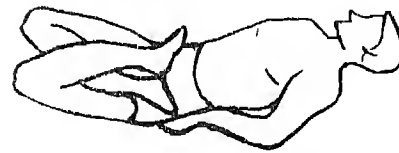
3. Lie on the back with the support of the elbows.



4. Insert the fists under the buttocks,



5. Raise the trunk and the head on one side and the foot-lock on the other, resting the whole body on the fists and forming an angle of about 30° on either side.



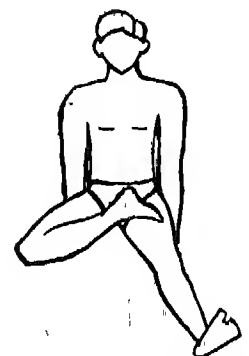
6. Bring the raised body on the ground.



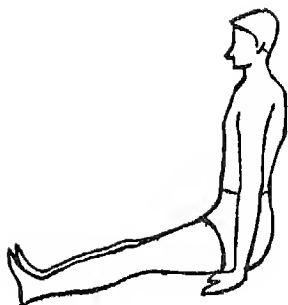
7. Remove the fists from the buttocks and place them on the sides.



8. Sit up with the help of the elbows.



9. Remove the left foot from the right thigh with the help of the hands and extend it.



10. Remove the right foot from the left thigh with the help of the hands and come to the starting position.

Important Points to Remember

Do's

1. Raise the body to the extent that maximum pressure is felt at the abdomen.
2. Keep the fists comfortably.

Don'ts

1. Do not raise the head and the trunk too much.
2. Do not rest on the elbows.

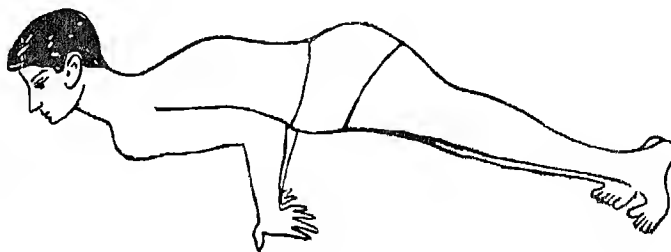
Expected Learning Outcomes

Increases the tone of the abdominal muscles and improves the functioning of the abdominal organs.

HAMSASANA

In Sanskrit *hamsa* means 'swan'. In performing this asana the body resembles a swan. Hence the name. It is a preparatory pose for Mayurasana. The only difference is that the legs are raised in the Mayurasana, while in Hamsasana they are kept on the ground and only the body is kept a little bent and balanced on the elbows.

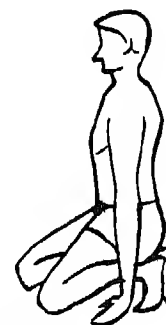
Assume the kneeling position. Keep the hands on the ground in front, fingers pointing to the legs. Bring the elbows closer, keep the knees just by the side of the hands and the abdomen touching the elbows. Take the legs back and rest on the elbows without raising the legs from the ground.



Stages for Practice



Starting Position : Take the kneeling position.



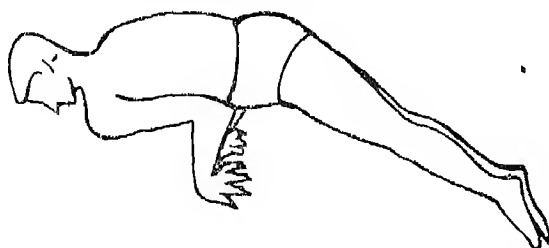
1. Make a little distance between the knees.



2. Place the hands on the ground in front, fingers pointing to the legs and bring the elbows closer.



3. Place the elbows against the navel.



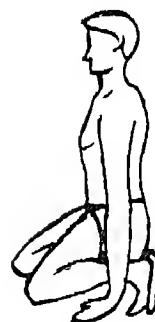
4. Extend the legs and rest the whole body on the elbows pressing the abdomen.



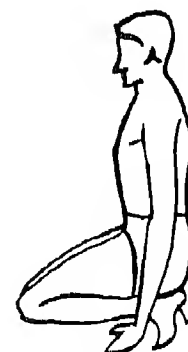
5. Bring the legs closer and rest the knees on the ground.



6. Withdraw the elbows from the abdomen.



7. Withdraw the hands from the front and place them on the sides.



8. Bring the knees closer and come to the starting position.

Important Points to Remember

Do's

1. Keep the knees straight.
2. Keep the elbows together.
3. Keep the fingers spread out.

Don'ts

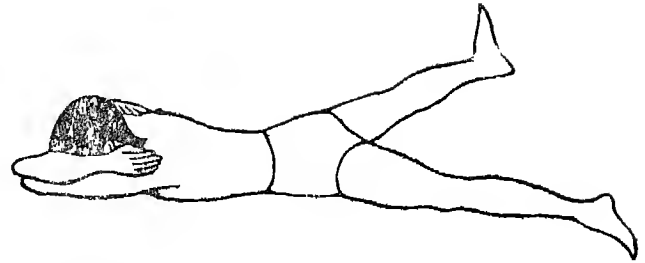
1. Avoid keeping more distance between the two bent elbows while on the abdomen.

Expected Learning Outcomes

1. Gives exercise to the arms.
2. Pressure exerted on the abdomen in this asana improves the functioning of the abdominal organs, increasing the appetite.
3. It is preparatory to Mayurasana.

MAKARASANA

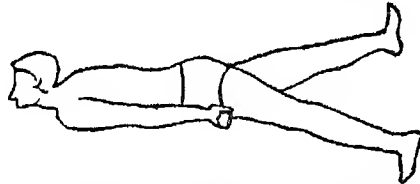
The posture is called Makarasana as the body resembles the shape of *makara*, which in Sanskrit means 'crocodile'. Lie prone keeping both the legs apart. Keep the toes pointing outward and the ankles resting on the ground. Hold the opposite shoulders with the hands and place the head between the arms. Close the eyes. Have a little deeper abdominal breathing. Whenever one feels tired one should practise this asana.



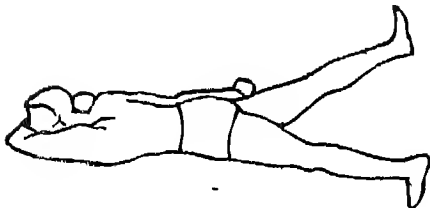
Stages for Practice



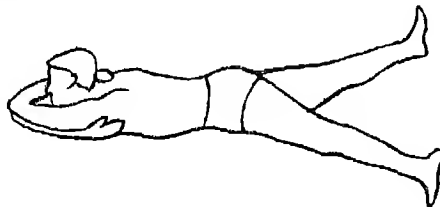
Starting Position : Lie prone keeping the legs together.



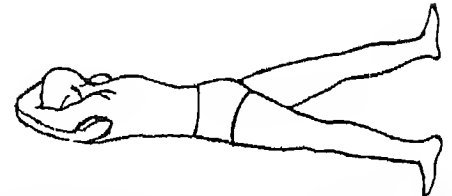
1. Make a comfortable distance between the feet, the toes pointing outward and the ankles resting on the ground.



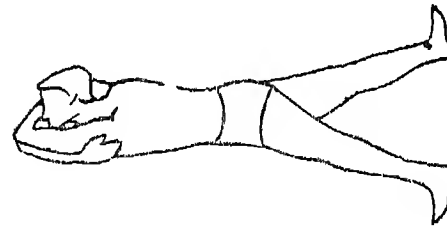
2. Raise the head a little and hold the right shoulder with the left hand.



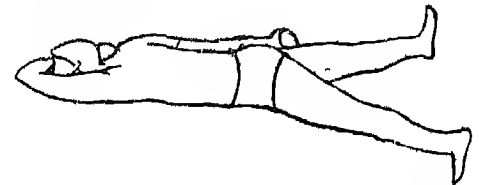
3. Similarly, hold the left shoulder with the right hand forming a double triangle.



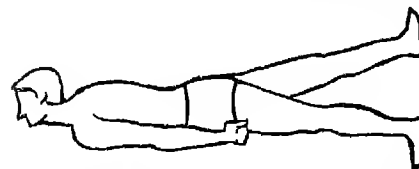
4. Keep the head between the arms and have a little deeper abdominal breathing.



5. Raise the head a little.



6. Remove the right hand from the left shoulder and place it along the right side of the body.



7. Remove the left hand from the right shoulder and place it along the left side of the body. Rest the chin on the ground,



8. Reduce the distance between the feet and come to the starting position.

Important Points to Remember

Do's

1. Keep the legs fully stretched with a comfortable distance between them.
2. Keep the arms folded at the elbows with the head resting on them.
3. Keep the big toes and the ankles touching the ground.
4. Have a little deeper abdominal breathing.

Don'ts

1. Do not press the chest on the ground so that the breathing becomes uncomfortable.

Expected Learning Outcomes

1. Helps in removing fatigue and contributes to the physical and mental relaxation.
2. Improves respiratory functions and blood circulation in the pelvic region.

UJJAYI

(Without Kumbhaka)

It is classed as a Pranayama in Yoga. Pranayama has got three phases :

1. Controlled inhalation.
2. Retention.
3. Controlled exhalation.

Pranayama is an activity in which (a) voluntary, controlled breathing is emphasised; (b) inspiration and expiration are carried out against air way resistance either by closing one nostril or by partially contracting the glottis to varying degrees; (c) the expiratory phase is always prolonged as compared to the inspiratory phase, the ratio between the inspiration and the expiration being generally kept as 1:2; (d) during the retention of the breath certain neuromuscular locks are applied; (e) the phase of controlled breath-holding after the inspiration and/or expiration



is not introduced in the beginning.

In the beginning of the practice, if the retention phase is introduced it can create trouble to the respiratory system. Hence in the Ujjayi pranayama described here the retention phase is not included.

Stand erect, keep the hands on the waist and keep the chest forward. Keep the mouth closed. Inhale through the nose with a frictional sound produced by closing the

glottis partially. Expand the chest but keep a control on the abdomen so that it does not bulge out too much in inhalation. Exhale slowly heaving down the chest gradually and retract the abdomen. Maintain the ratio of 1:2 between the inhalation and the exhalation. Inhalation should not be hurried as a result of slow exhalation. This completes one round of Ujjayi. Repeat it so long as the ratio of the inhalation and the exhalation is not disturbed.

Stages for Practice

Starting Position : Standing in erect position

1. Keep the hands on the waist.
2. Inhale slowly with frictional sound produced by partial contraction of the glottis. Keep control over the abdomen.
3. Exhale slowly producing frictional sound by the partial contraction of the glottis and contract the abdomen.
4. Repeat this activity again and again so long as it is comfortable.

Important Points to Remember

Do's

1. Inhalation and exhalation should be done slowly.
2. Keep a ratio of 1:2 between inhalation and exhalation; if possible inhale for 5 seconds and exhale for 10 seconds.
3. Keep the abdomen controlled.
4. Inhalations and exhalations are to be done through the nose only.
5. This can be done either in a standing or in a sitting position.

Don'ts

1. Avoid practising Ujjayi further if the ratio of 1:2 is found difficult to be maintained.
2. Do not bend in the trunk during the practice.
3. Avoid strain during inhalation and exhalation.

Expected Learning Outcomes

1. Increases the respiratory efficiency.
2. Helps to release mental tensions.
3. Helps in controlling the emotions.
4. Improves circulation and process of elimination.

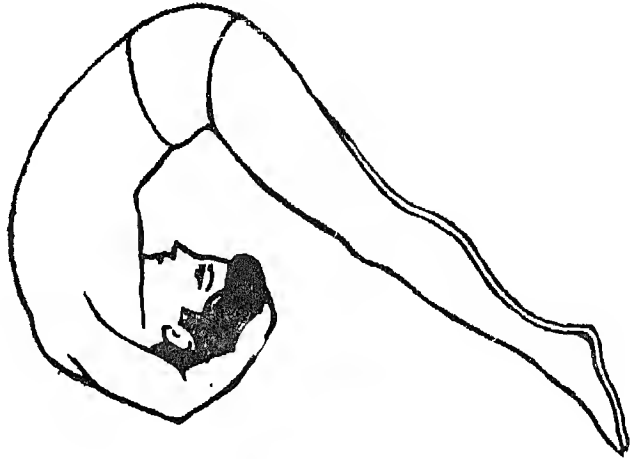
SHAVASANA

(For details see page 17.)

Yogasanas for Class VIII

HALASANA

The posture is called Halasana because in the final position it resembles the shape of the Indian plough. In Sanskrit, *hala* means 'plough'. Lie supine on the ground with the hands stretched along the body and feet together. Raise both the legs together to an angle of 90° . Move the legs still further towards the head till they touch the ground with the toes. Rest a while. Move the toes a little further. Rest awhile and ultimately go to the maximum limit. Maintain the position. Now withdraw the stretched arms and prepare a finger-lock. Place it just near the head and push the toes further till pressure is felt at the cervical region of the spine. This completes Halasana. Maintain the position as long as it is comfortable and then release.



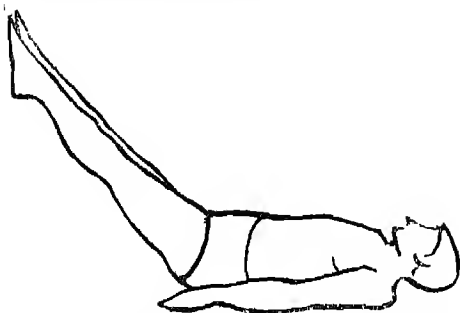
Stages for Practice



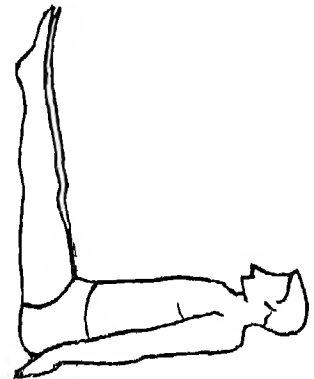
Starting Position : Lie supine on the ground with the hands extended along the body and the feet together.



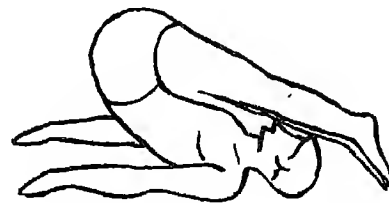
1. Keeping the knees straight, raise the legs up to 30° and maintain the position for some time.



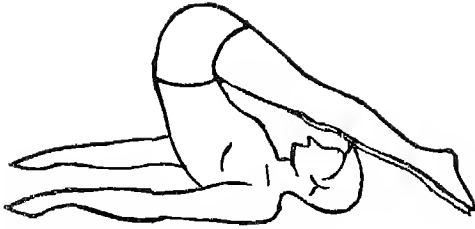
2. Raise the legs further up to 60° and maintain the position for some time.



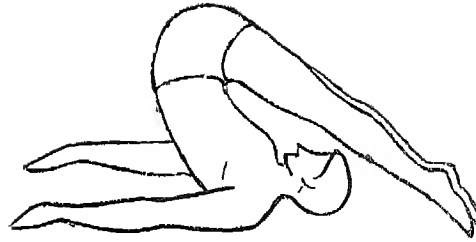
3. Raise the legs still further up to 90° and maintain the position for some time.



4. Raise the trunk by bending the legs towards the head and touch the toes on the ground close to the head.



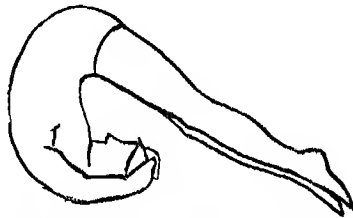
5. Push the legs a little beyond the head and maintain the position.



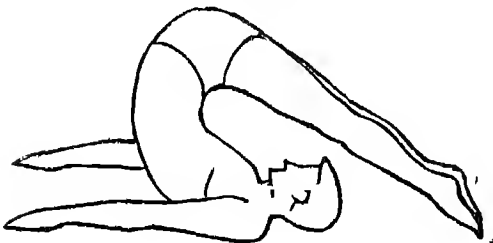
12. Bring the legs still closer to the head, yet keeping them on the ground.



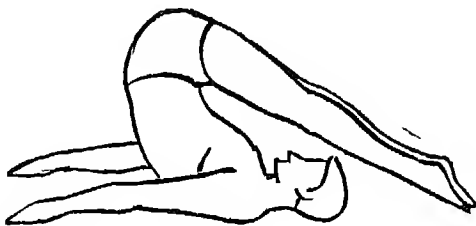
6. Push the legs still further away from the head and maintain the position.



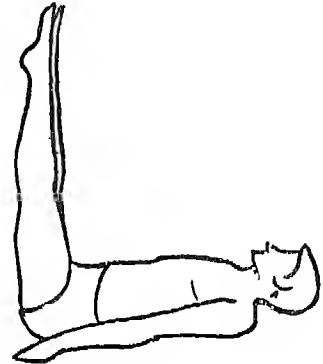
7. Form a finger-lock and keep it close to the head.
8. Push the toes still further and maintain the position.



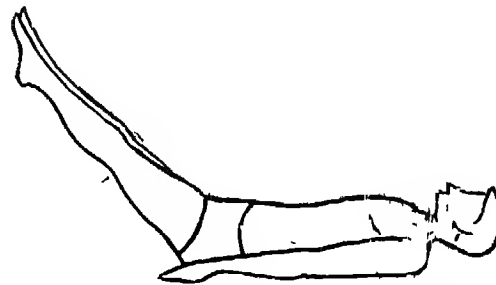
9. Pull the legs a little towards the head.
10. Release the finger-lock and place the hands by the sides of the body.



11. Pull the legs nearer to the head.



13. Lower the buttocks slowly on the ground and bring the legs to 90°.



14. Lower the legs to 60° and maintain the position.



15. Bring the legs further down up to 30° and maintain the position.



16. Return both the legs to the ground and come to the starting position.

Important Points to Remember*Do's*

1. Go to the different stages slowly and retain them for some time.
2. Give the support of the hands at the back if the legs do not touch the ground in the beginning.
3. Keep the knees straight through all the stages of the asana.

Don'ts

1. Avoid giving any type of jerk to the body.
2. Do not withdraw the support of the hands at the back until the legs touch the ground.

Expected Learning Outcomes

1. Gives good exercise to the thyroid gland.
2. Gives a good stretch to the spinal column, thus it builds a strong and supple spine.
3. Helps in increasing the height.

ARDHA-MATSYENDRASANA

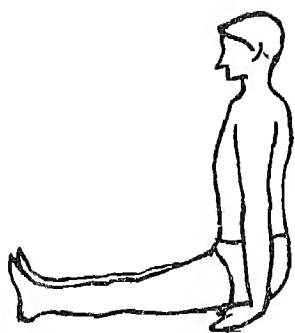
Ardha-Matsyendrasana is a further development of Vakrasana. It is called *ardha* meaning 'half', because it does not acquire the entire technique of the Matsyendra posture. The Matsyendrasana is named after Guru Matsyendranath, a great Hatha-Yogin. Although it is of a high spiritual value, the original full posture is very difficult for a common man to practise. On the other hand, the half Matsyendra posture is easier to perform and practise and has also got many psycho-physiological advantages.

Sit with the legs extended. Bend the right leg in the knee and set its heel properly at the perineum or under the buttocks. Bend the left leg and make it stand by the side of the right knee. Now slowly twist the trunk to the left side and pass the right arm around the left knee, catching the big toe of the left foot by the fingers of the right hand. Twist the trunk still more to the left. Turn the head towards left and look back bringing the chin over the left shoulder. Pass the left arm behind the back and try to hold the right thigh with the left hand. Repeat the asana on the other side by changing the position of the legs and the hands.

Maintain the final position for some time on each side.



Stages for Practice



Starting Position: Sitting with the legs extended together.



1. Bend the right leg in the knee and place its heel at the perineum or under the buttocks with the help of the hands.



2. Arrange the left foot outside the right knee, keeping the left knee raised.



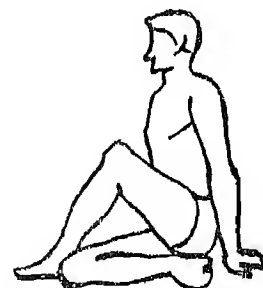
3. Press the left knee with the right arm and catch hold of the big toe of the left foot.



4. Turn the head towards left. Taking the left hand to the back catch hold of the right thigh.



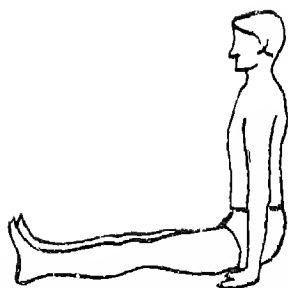
5. Remove the left hand from the right thigh and release the twist.



6. Remove the right hand from the big toe of the left foot and keep it on the right side.



7. Extend the left leg.



8. Extend the right leg and come to the starting position.

Important Points to Remember

Do's

1. Keep the body erect while giving a twist to the spinal column.

Don'ts

1. Avoid shifting the heels from their set position.

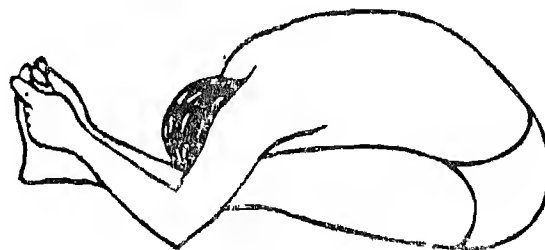
Expected Learning Outcomes

1. Gives a good twist to the spinal column on the left and right sides, thus improving the flexibility of the spine.
2. Improves the functioning of the internal organs situated in the abdominal cavity.

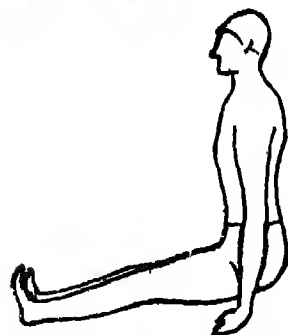


PASHCHIMATANASANA

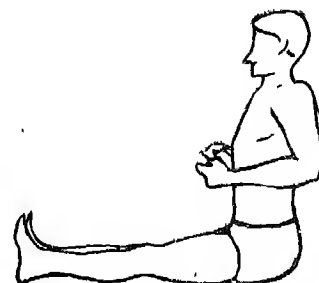
Pashchimatana means 'stretching the posterior region'. In Sanskrit, *paschima* means 'posterior' and *tana* means 'stretch'. In this posture almost all the posterior muscles of the body are stretched, hence the name. Sit on the ground by extending the legs. Prepare hooks by bending the index fingers of both the hands and catch the corresponding big toes. If found difficult hold the ankles by the respective hands. Now slowly bend the trunk forward by relaxing the neck muscles. Touch the knees with the forehead. Maintain the position for some time, if possible. Release the posture and come to the starting position. Repeat the asana, if necessary.



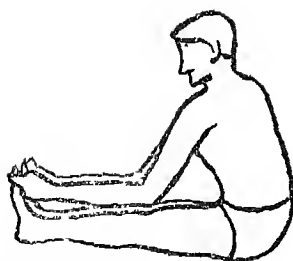
Stages for Practice



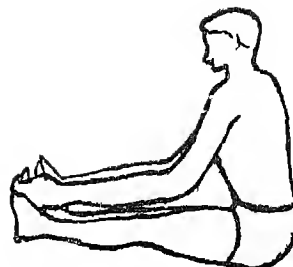
Starting Position : Sitting with the legs extended together.



1. Bend the elbows. Make hooks with the index fingers and bring them near the chest.



2. Bend the body forward and catch hold of the toes with the hooks of the fingers.



6. Raise the head from the arms.



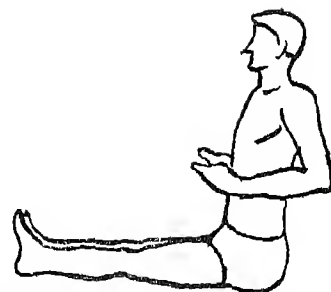
3. Place the head between the arms.



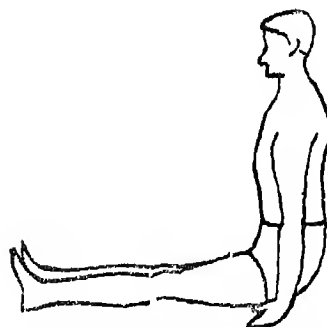
4. Keeping a little bend in the elbows and without bending the knees, try to touch the forehead to the knees. Maintain the position for some time.



5. Raise the head slowly from the knees and bring it between the arms.



7. Leaving the hold of the toes and keeping the body erect bring the hooks of the fingers near the chest.



8. Place the hands on the respective sides of the body and return to the starting position.

Important Points to Remember

Do's

1. Try to exhale while bending forward. This will help the bending comfortably.
2. Try to relax while bending forward. Take away the mind from the body.
3. Maintain the final position longer. This will gradually help in further progress.

Don'ts

1. Avoid jerks and strain while assuming and releasing the posture.
2. Do not allow the knees to bend while touching the forehead to the knees.

Expected Learning Outcomes

1. Gives the spinal column a good posterior stretch.
2. Helps to increase the flexibility of the spinal column.
3. Helps to decongest the organs situated in the abdominal cavity and improves their blood circulation.
4. Helps to correct postural deformities.

BADDHAHASTA-GOMUKHASANA

It is a further development of Gomukhasana. Sit comfortably in Gomukhasana as described earlier. Take the right hand over the shoulder, turning the elbow up and place the palm over the back. Bring the left hand over the back from below, palm facing out and hold both hands together with the hooks formed of fingers. Keep the body erect. Maintain the posture for some time and then release the hands. Extend the legs and come to the starting position.



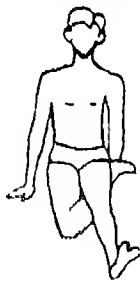
Stages for Practice



Starting Position : Sitting with the legs extended together.



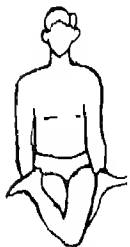
3. Take the right hand over the shoulder keeping the elbow up and place the right palm on the back.



1. Bend the right leg in the knee and place the foot on the other side just in touch with the left buttock.



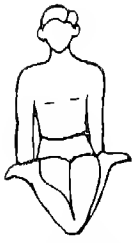
4. Take the left hand on the back from below and hold it with the right hand forming hooks of the fingers, and maintain the posture for some time.



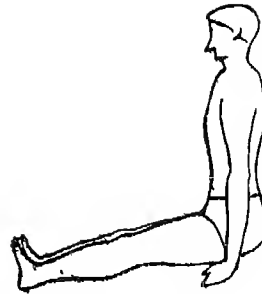
2. Similarly, bend the left leg in the knee and place the left foot touching the right buttock. Keep the knees one over the other.



5. Release the hold of the hands and place the left hand on the left side.



6. Remove the right hand from the back and put it on the right side.



8. Extend the right leg and come to the starting position.



7. Extend the left leg.

Important Points to Remember

Do's

1. Keep the body erect.
2. Repeat the asana by changing the order of the hands and the legs.

Don'ts

1. Do not strain while catching the fingers at the back.

Expected Learning Outcomes

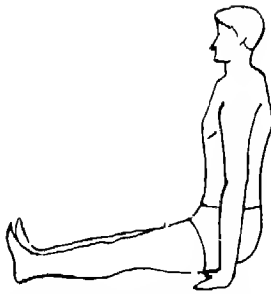
1. Helps to keep the joints of the arms and the legs flexible.
 2. Helps to remove postural defects.
-

BHADRASANA

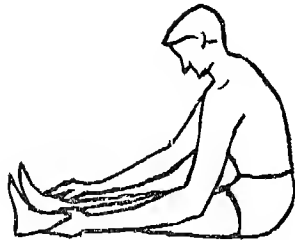
Bhadra means 'happiness'. This asana is supposed to bring happiness to the performer by destroying all the diseases of the body. Sit comfortably with legs extended. Bring the soles of the feet together. With the help of the hands slowly bring the heels in, till they touch the perineum. Cover the feet with the hands. Try to keep the knees close to the ground. Sit erect and maintain the asana for some time and then release.



Stages for Practice



Starting Position : Sitting with the legs extended together.



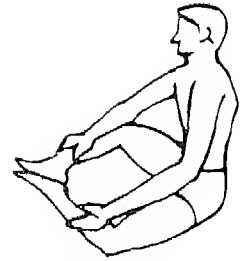
1. Stretch the arms and bending the trunk a little forward hold the ankles with the hands.



2. Bend the legs in the knees and bring the soles together and pull them near the body with the help of the hands.



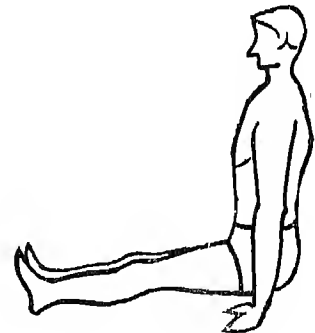
3. Bring the heels closer to the perineum and cover the feet with the hands, the fingers being interlocked. Keep the knees and the thighs on the ground as far as possible.
4. Keep the body erect and maintain the posture so long as it is comfortable.



5. Remove the heels from the perineum.



6. Take the legs away from the body.
7. Extend the legs, still holding the ankles with the hands.



8. Remove the hands from the ankles and place them on the respective sides to come to the starting position.

Important Points to Remember*Do's*

1. Reach the final position slowly without strain.
2. A little forward inclination of the trunk would help in attaining final position comfortably.

Don'ts

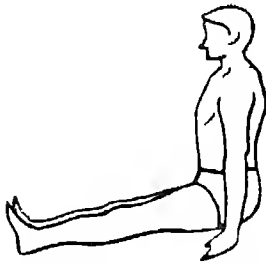
1. Avoid jerky movements to the legs in the final position.
2. Do not keep the knees raised from the ground in the final position.

Expected Learning Outcomes

1. The joints of the legs become flexible.
2. The muscles of the legs, particularly of the thighs, get a good stretch.
3. Helps to control the emotions.

TOLASANA

Tola means 'balance' in Sanskrit. Here the whole body is raised and balanced on two hands. It is also known as *Utthita Padmasana*. Form a foot-lock and keep the palms on the ground close to the thighs. Spread the fingers pointing forward. Keep the trunk erect and look in front. Slowly raise the body from the ground with the help of the hands. Hold the position for some time maintaining the balance. Slowly release the same. Rest a while and repeat the asana, if so desired.

**Stages for Practice**

Starting Position : Sitting with the legs extended together.



2. Bend the left leg in the knee and place the foot on the right thigh.



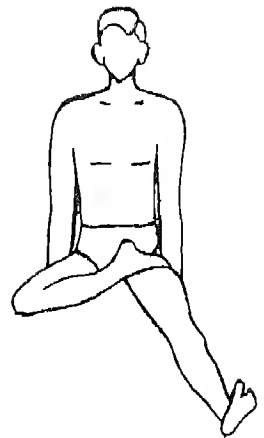
1. Bend the right leg in the knee and place the foot on the left thigh.



3. Place the hands on the sides close to the respective thighs and spread the fingers well.



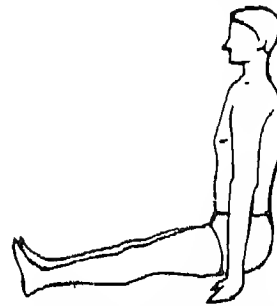
4. Raise the foot-lock to the level of the elbows and maintain the position for some time.



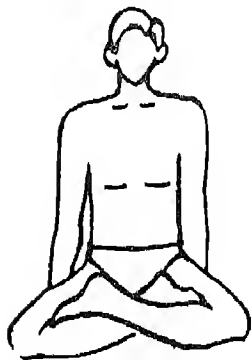
7. Remove the left foot from the right thigh and stretch it forward.



5. Bring the foot-lock down.



8. Remove the right foot from the left thigh, and stretch it forward to come to the starting position.



6. Place the hands on the respective sides.

Important Points to Remember

Do's

1. Raise the foot-lock as high as possible.
2. Contract the abdominal muscles vigorously.
3. Spread the fingers well.

Don'ts

1. Do not bend forward in the final position.
2. Do not bend the elbows.

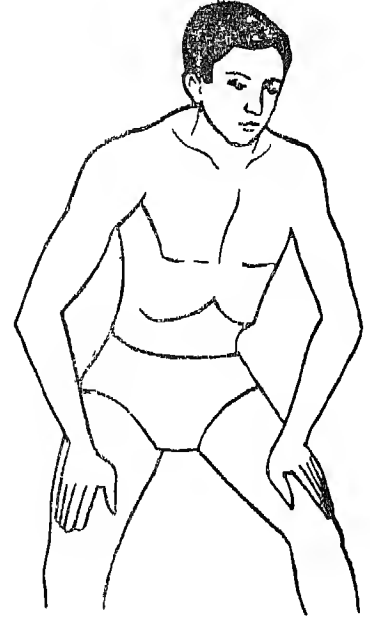
Expected Learning Outcomes

1. Increases the strength of the arms and shoulders.
2. Increases balancing ability.
3. Increases the tone of the abdominal muscles.

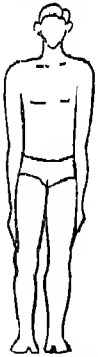
UDDIYANA BANDHA

In Sanskrit, *uddiyana* means 'raising up' and *bandha* means 'contraction of the particular anatomical parts of the body'. This practice is called so because the muscular contraction enables the spiritual force to rise up. Anatomically this may be called Uddiyana because it raises the diaphragm. This bandha exercises the diaphragm and the ribs. It can be practised either in sitting or in standing position. It is easier to perform in the standing position. It is one of the important bandhas.

Stand with feet comfortably apart. Bend forward a little and slightly flex the legs at the knee-joints. Keep the hands on the respective thighs. Exhale fully by contracting the abdominal muscles. Soon after exhalation, hold the breath. Practise mock inhalation (false inhalation) by expanding the chest and relaxing the abdominal muscles. The abdomen will be sucked in and will appear like a pit. Hold the breath so long as it is comfortable. Bring the ribs down and inhale. Continue normal breathing for some time. If needed, repeat the activity to get mastery. This is known as Uddiyana in standing position.



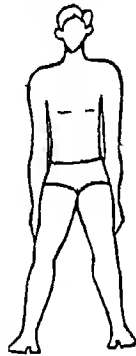
Stages for Practice



Starting Position : Stand erect with the feet together.



2. Flex the legs in the knees a little and slightly bend forward. Keep the hands on the respective thighs. Exhale deeply.



1. Make a distance of 1'—1½' between the feet.



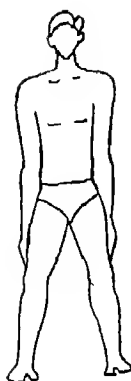
3. Hold the breath outside and expand the chest. Relax the abdominal muscles to form a pit in the abdomen. Maintain the position for a comfortable time.



4. Lower the ribs down slowly.



6. Reduce the distance between the feet and come to the starting position.



5. Slowly inhale allowing the abdominal depression to be effaced gradually. Remove the hands from the thighs and stand erect.

Important Points to Remember

Do's

1. Have the deepest possible exhalation.
2. Keep the front abdominal muscles completely relaxed while expanding the chest.
3. Keep the shoulders and the elbows always bent.
4. Practise Uddiyana only on an empty stomach.

Don'ts

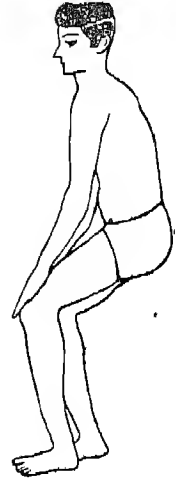
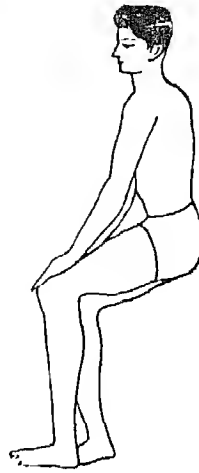
1. Avoid allowing the air to flow into the lungs during the practice.
2. Avoid contraction of the abdominal muscles.
3. Avoid practising Uddiyana, if pain is felt in the abdomen or if there is trouble in the cardiovascular system.

Expected Learning Outcomes

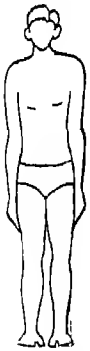
1. Increases the respiratory efficiency.
2. Improves blood circulation in the thoracic and abdominal region.
3. Gives a fine exercise to the abdominal organs and improves their functioning.

AGNISARA

It is classed as a Kriya in yogic practices. The meaning of Agnisara is to increase the gastric fire. In Sanskrit *agni* means 'fire' and *sara* means 'to increase', hence the name. Bend forward a little and flex the legs in the knees slightly. Place the hands on the respective thighs or knees. Have the deepest possible exhalation accompanied by general contraction of the navel region. Further vigorously contract the abdomen. Stay in that condition for about two seconds and then protrude and retract the abdomen. Without allowing the air to get in, try to practise the protrusion and the contraction as many times as possible. Then slowly inhale and come to the proper standing position. Relax for some time and repeat the activity, if necessary.



Stages for Practice



Starting Position : Standing erect with the feet together

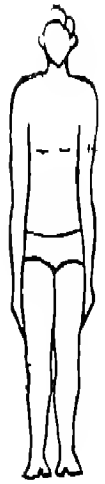
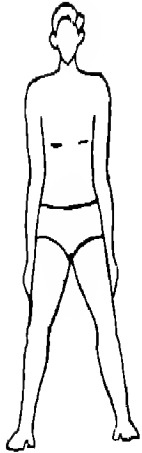


2. Flex the knees and bend forward slightly. Keep the hands either on the knees or on the thighs.
3. Have the deepest possible exhalation and hold the breath outside.



1. Make a distance of 1'—1½' between the feet.

4. Make the abdominal muscles stiff enough by contraction of the abdomen and then protrude and retract the abdomen continuously so long as possible.



5. Release the hands from the knees or the thighs and stand erect.
6. Inhale slowly and come to the standing position.

7. Reduce the distance between the feet and come to the starting position.

Important Points to Remember

Do's

1. The abdomen should be kept stiff enough both in retraction and in protrusion.

Don'ts

1. Avoid slightest inhalatory effort which will cause raising of the ribs.

Expected Learning Outcomes

1. Strengthens the abdominal muscles.
2. Improves digestion.
3. Improves the functioning of the abdominal organs.

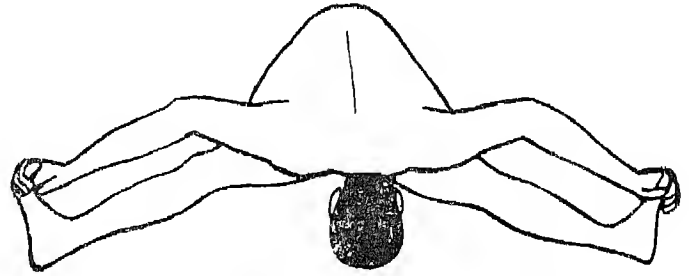
SHAVASANA

(For details see page 17.)

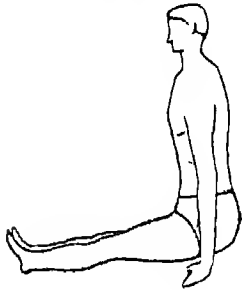
Yogasanas for Class IX

UGRASANA

It is a further development of Pashchimatana. To perform this posture one has to sit keeping the legs extended. Take a suitable distance between the two legs. Prepare hooks of the index fingers of both the hands. Catch the corresponding big toes with the hooks. Bend the body forward and try to touch the forehead slowly to the ground between the legs. Maintain the posture for some time and release it by withdrawing the hands from the toes. It gives greater benefits than Paschimatana.



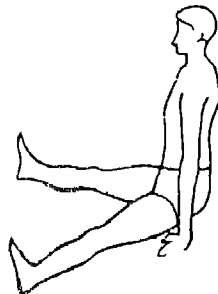
Stages for Practice



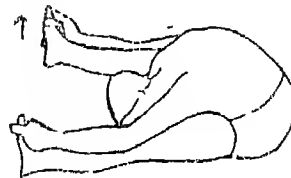
Starting Position: Sitting with the legs extended together.



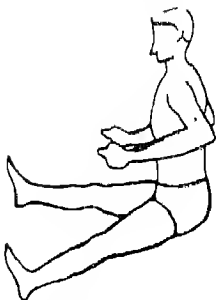
3. Bend the body forward and catch hold of the toes with the hooks of the fingers



1. Take a distance of $2\frac{1}{2}'$ to $3'$ between the feet.



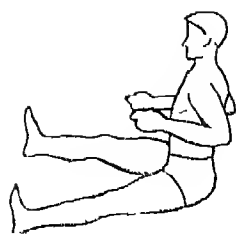
4. Keeping a little bend in the elbows and without bending the knees try to touch the forehead to the ground between the legs. Try to maintain the position for some time.



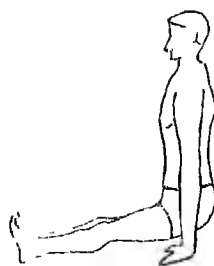
Bend the arms in the elbows and prepare hooks by bending the index fingers.



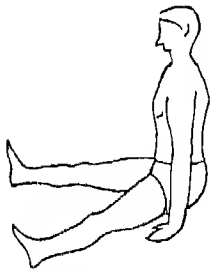
5. Raise the forehead slowly.



6. Leave the hold of the toes and bring the hooked fingers near the chest.



8. Reduce the distance between the feet and come to the starting position.



7. Place the hands on the respective sides of the body.

Expected Learning Outcomes

1. Helps in stretching the muscles of the spine and the groins.
2. Helps to increase the flexibility of the spine and hip joints.
3. Helps to improve the functioning of the abdominal organs.

Important Points to Remember

Do's

1. Bend the trunk slowly to attain the final position.

Don'ts

1. Avoid bending the knees.

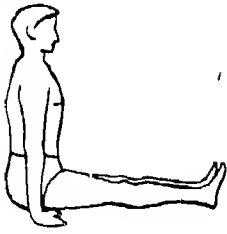
DHANURAKARSHANA

The posture is so called, since this asana imitates the action of an archer shooting an arrow. It is also called Akarna Dhanurasana. Sit on the ground with legs stretched out. Place the hands by the sides of the body and sit erect. Place the left leg crossing over the right. Catch hold of the left big toe with the right hand and right toe with the left hand. Now pull the left foot up to the right ear. Maintain the posture for some time and then release it.

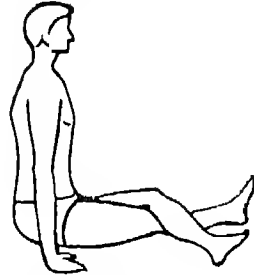
Repeat the practice by changing the legs and pulling the right foot by the left hand.



Stages for Practice



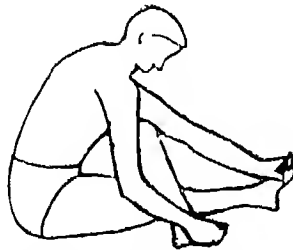
Starting Position : Sitting with the legs extended together.



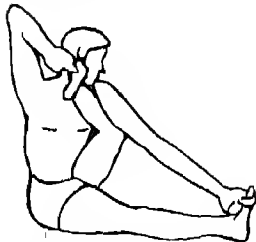
1. Place the left leg crossed over the right.



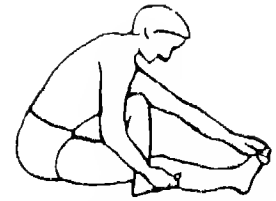
2. Bend forward a little and hold the left big toe by the hook made of the right index finger and the right big toe with the left index finger.



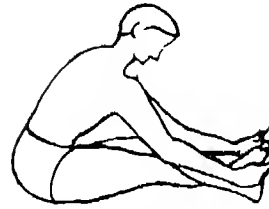
3. Bend the left leg in the knee a little and pull it closer by the right hand.



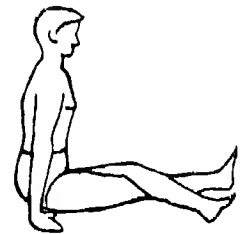
4. Pull the left leg up to the right ear. Keep the body erect and maintain the posture for some time.



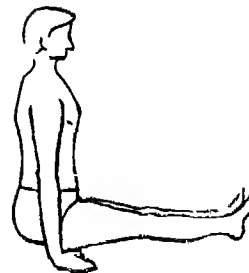
5. Bring the left leg down, still holding it with the right hand.



6. Release the bend in the left leg keeping it still crossed over the right leg.



7. Remove the hooks of the fingers from both the big toes and place the hands by the sides of the body.



8. Place the left foot on the left side and come to the starting position.
Repeat the asana on the other side by changing the position of the legs.

Important Points to Remember*Do's*

1. Know your limitations while pulling the foot up.
2. Bring the foot towards the ear very slowly.

Don'ts

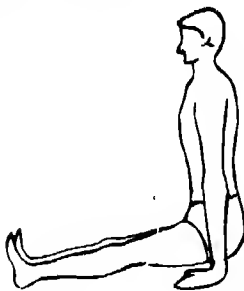
1. Avoid bending the knee of the stretched leg.
2. Do not bend the head forward to touch the toes with the ear.

Expected Learning Outcomes

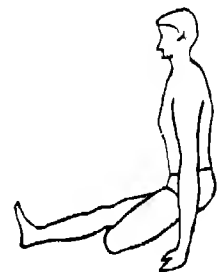
1. Gives stretch to almost all the muscles of the body.
2. Helps to remove fatigue.
3. Increases flexibility of leg-joints.

SIMHASANA

This posture is known as Simhasana because the protruded tongue and the face imitate the fierce look of a lion. In Sanskrit *simha* means 'lion', hence the name. Sit with the legs extended. Fold the left leg in the knee and push the left foot under the right buttock turning the sole upward. Similarly, fold the right leg in the knee and push the right foot under the left buttock, turning the sole upward. Now sit upon the heels carefully. Press both the knees with respective hands. Spread out the fingers, facing the palms downward. Now open the jaw to the maximum and stretch the tongue out to its utmost limit. Look either between the eye-brows or at the tip of the nose. Touch the chin to the chest. Maintain the posture so long as it is comfortable. Release the posture and repeat the same by changing the order of the legs.

**Stages for Practice**

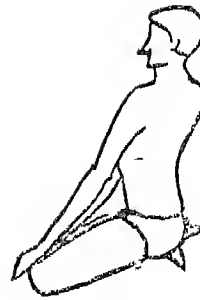
Starting Position : Sitting with the legs extended together,



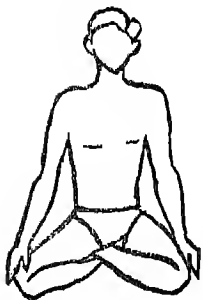
1. Bend the left leg and place the left ankle under the right buttock.



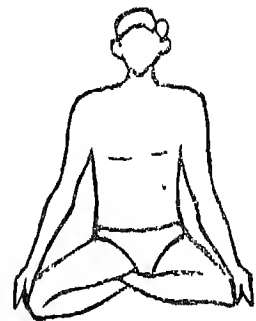
2. Similarly bend the right leg and place the right ankle under the left buttock.



6. Take the tongue in, close the mouth, withdraw the gaze from the tip of the nose or from the point between the eye-brows and relax the fingers.



3. Place the palms on the respective knees.



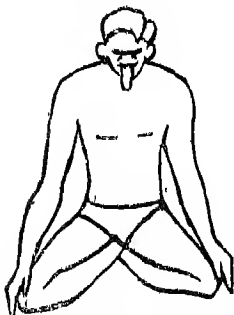
7. Remove the body weight shifted on the knees.



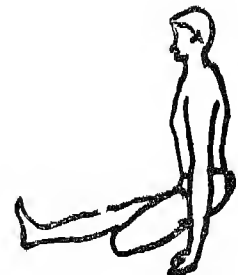
4. Shift the weight of the body and press the knees by the hands.



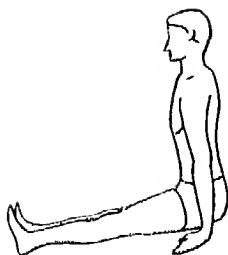
8. Withdraw the hands from the knees and place them on the sides.



5. Open the mouth wide and stretch the tongue out as much as possible. Simultaneously stretch the fingers and concentrate either on the tip of the nose or between the eye-brows.



9. Remove the right leg from the left buttock and stretch it forward.



10. Remove the left leg from the right buttock and stretching it forward come to the starting position.

Important Points to Remember

Do's

1. Give maximum stretch to the body.
2. Take care of the ankles when sitting on them.

Don'ts

1. Avoid strain on the eyes while gazing at the tip of the nose or at the middle of the eyebrows.

Expected Learning Outcomes

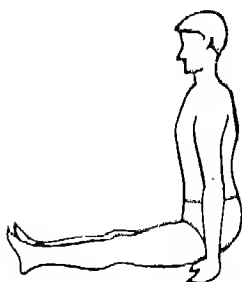
1. Stretches all the muscles in general and the muscles of the neck and face in particular.
2. Gives good exercise to the eyes
3. Gives good exercise to the abdominal muscles.
4. Improves general blood circulation.

UTTANAMANDUKASANA

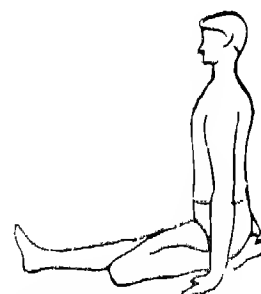
In Sanskrit, *uttana* means 'raised' and *manduka* means 'frog'. The posture looks like a frog raising its head, hence the name. Arrange the feet with the help of the hands by the side of the buttocks, the toes touching together, and keep the knees apart. Then raise the hands above the head. Bend them in the elbows and hold the shoulders with the opposite hands. Press the forearms against the head so as to straighten the spine. Maintain the posture for some time and then release it. Repeat the asana, if so desired.



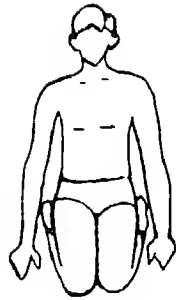
Stages for Practice



Starting Position : Sitting with the legs extended together.



1. Bend the left leg in the knee and place the foot by the side of the left buttock.



2. Bend the right leg in the knee and place the foot by the side of the right buttock.



6. Withdraw the left hand from the right shoulder and place it on the left knee.



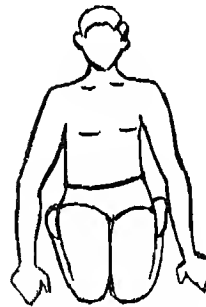
3. Keep the knees apart to the maximum. Bring the toes closer behind the buttock and place the hands on the knees.



7. Withdraw the right hand from the left shoulder and place it on the right knee.



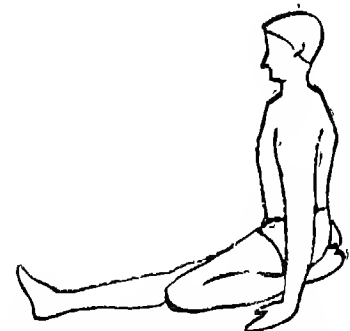
4. Raise the right hand and hold the left shoulder with it.



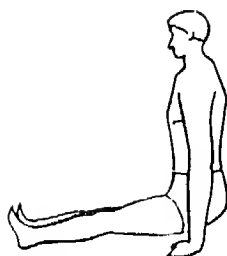
8. Reduce the distance between the knees.



5. Similarly, hold the right shoulder with the left hand. Sit erect by bringing the elbows together.



9. Remove the right leg from the side of the buttock with the help of the hand and stretch it forward.



10. Remove the left leg from the left side of the buttock with the help of the hand and come to the starting position.

Important Points to Remember

Do's

1. Hold the shoulders and adjust the elbows together in such a way that no muscular pain is felt.

Don'ts

1. Avoid bending in the loins.

Expected Learning Outcomes

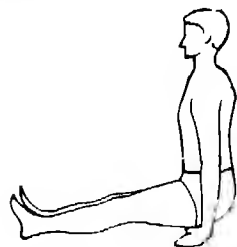
1. Stretches the cervical spine.
2. Brings flexibility to the joints of the upper and lower extremities.
3. Improves respiratory functions.

KUKKUTASANA

The posture resembles the cock. Hence the name Kukkutasana. In Sanskrit, *kukkuta* means 'cock'. To practise this posture, Padmasana is required to be performed first. Fold the right leg in the knee and place the foot on the left thigh. Similarly, fold the left leg in the knee and place the foot on the right thigh. Now slowly insert the hands one by one between the calf and the ankle. Place the palms on the ground and spread the fingers well to form a broad base. Lift the body up balancing on the hands. Raise the foot-lock up to the elbows. Look in front and maintain the position so long as it is comfortable. Then release the posture.



Stages for Practice



Starting Position : Sitting with the legs extended together.



1. Fold the right leg in the knee and place the right foot on the left thigh.



2. Fold the left leg in the knee and place the left foot on the right thigh.



7. Take out the right hand inserted in the space between the calf and the ankle.



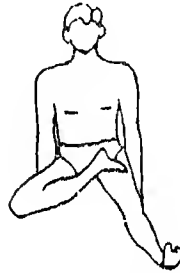
3. Raise the foot-lock a little and insert the left hand through the space between the calf and the ankle.



8. Take out the left hand inserted in the space between the calf and the ankle.



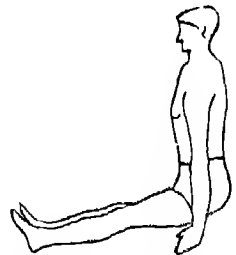
4. Similarly, insert the right hand through the space between the calf and the ankle.



9. Remove the left leg from the right thigh and extend it.



5. Spreading the fingers well placed on the ground to take firm support raise the body and look in front.



10. Remove the right leg from the left thigh and come to the starting position.



6. Release the posture by bringing the body down.

Important Points to Remember

Do's

1. Try to insert the hands as much as possible.
2. Spread out the fingers well to have a firm support.

Don'ts

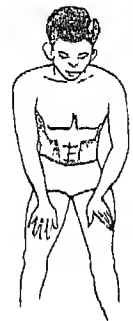
- 1 Do not strain while inserting the hands between the calf and the ankle.
- 2 Do not try to insert your hands near the knees.

Expected Learning Outcomes

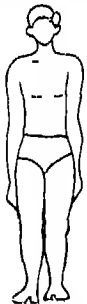
1. Increases the strength of the muscles of the arms and shoulders.
2. Increases the abdominal muscle tone.
3. Increases the balancing ability

NAULI

Nauli is classified as one of the six cleansing processes. It is also known as Naulikriya. It is a further development of Uddiyana. After maintaining Uddiyana position, give a downward and forward push to the abdominal recti muscles just above the pubic bone. In doing so press the thighs with the respective hands and with bent shoulders. The abdominal recti muscles will be contracted and isolated from the other muscles. Release the pressure on the thighs and that completes Madhya Nauli. Release Uddiyana position and inhale. After a few normal breaths repeat the procedure according to the capacity.



Stages for Practice



Starting Position : Standing with the feet together.



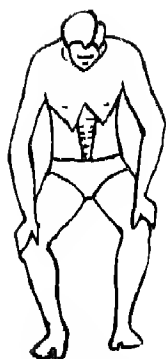
2. Bend the trunk, flex the knees and elbows and place the hands on the knees or thighs.
- 3 Exhale completely and hold the breath out.



1. Take a comfortable distance of one foot to two feet between the feet.



4. Keeping the front abdominal muscles relaxed, perform Uddiyana by raising the diaphragm and ribs by vigorous mock inhalation.



5. Maintaining the Uddiyana, give a downward and forward push to the abdominal muscles and also press the thighs by the respective hands. Maintain the position so long as comfortable.



6. Release Nauli and maintain Uddiyana.



7. Release Uddiyana by lowering the diaphragm and ribs.
8. Inhale deeply.

9. Remove the hands from the thighs and stand erect.



10. Reduce the distance between the feet and come to the starting position.

Important Points to Remember

Do's

- . Practise only on an empty stomach.
- . Maintain the bent position of the shoulder throughout the practice.

Don'ts

- 1. Avoid the practice of Nauli in case of abdominal pain, high blood pressure, cardio-vascular disorder, etc.
- 2. Avoid keeping abdominal muscles tense.

Expected Learning Outcomes

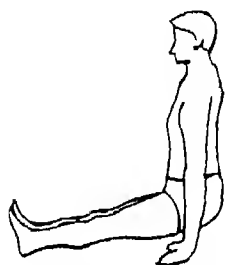
- 1. Increases the gastric fire and promotes digestion.
- 2. Helps proper evacuation of bowels.
- 3. Helps to promote healthy functioning of abdominal organs and brings a feeling of well-being.

KAPALABHATI

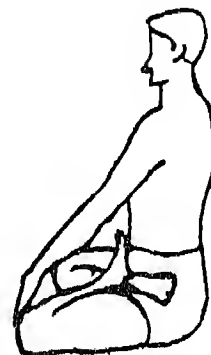
Kapalabhati is classed as one of the six cleansing processes in yoga. *Kapala*, in Sanskrit, means 'forehead' and *bhati* means 'to shine', hence the name. It removes impurities from the passage of the nostrils and the sinuses by the forceful current of the air. This is done in sitting position. Form a foot-lock by placing right foot on the left thigh and left foot on the right thigh. Place the hands

on the knees. Sit erect. Exhale suddenly and forcibly giving an inward abdominal stroke at the navel region. Let the abdomen relax and simultaneously inhale. In the beginning practise 10-20 rounds of Kapalabhati. The number of strokes and the speed may be increased as one gets used to the practice.

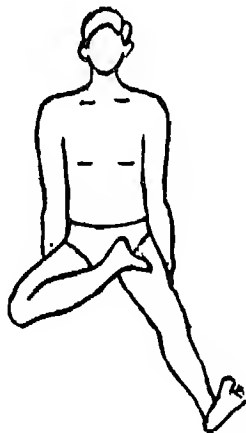
Stages for Practice



Starting Position : Sitting with the legs extended together.



3. Place the hands on the respective knees.
4. Raise the chest a little and sit erect.



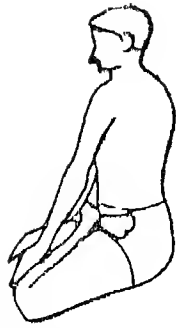
1. Place the right foot on the left thigh.



2. Similarly, place the left foot on the right thigh.



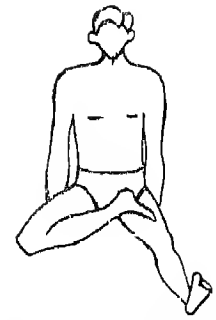
5. Exhale suddenly and forcibly giving an inward stroke at the navel region.



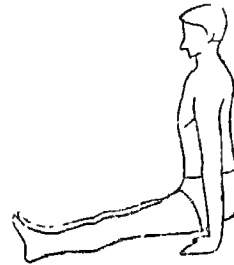
6. Relax the abdomen completely and inhale.
7. Repeat the forceful exhalations and inhalations a number of times comfortably.



8. Lower the chest
9. Release the hands from the knees.



10. Remove the left foot from the right thigh and extend it.



11. Remove the right foot from the left thigh and come to the starting position.

Important Points to Remember

Do's

1. Sit erect while doing Kapalabhati.
2. Soon after exhalation, relax the abdomen fully and inhale. Soon after inhalation, do forceful exhalation.

Don'ts

1. Avoid all contortions on the face.
2. Avoid the chest movement.
3. Avoid doing Kapalabhati with loaded stomach.
4. Do not increase the speed unless good co-ordination is established between inhalation and exhalation and movement of the abdominal muscles.

Expected Learning Outcomes

1. Keeps the respiratory passage clean
2. Helps to promote blood circulation in the whole body.
3. Helps to increase the efficiency of the respiratory system.

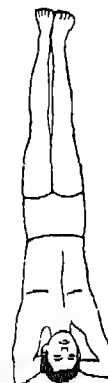
SHAVASANA

(For details see page 17.)

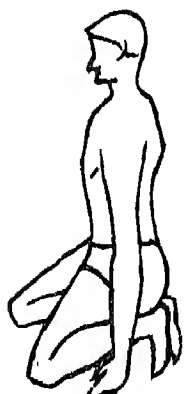
Yogasanas for Class X

SHIRSHASANA

In Sanskrit, *shirsha* means 'head'. In this posture one stands on one's head, hence the name. Kneel on the ground by resting the buttocks on the heels. Form a finger lock and place it on the ground. Make an angle of 60° in the forearms, with the finger-lock as the vertex. Place the upper and hinder part of the head on the ground and support it by the finger-lock. Raise the knees. Bring the thighs slowly near the chest. Raise the feet and balance on the head with the thighs touching the body. Open the thighs and bring them in line with the body. Open the legs slowly making the whole frame vertical resting on the head. Maintain the posture as long as it is comfortable and release it in the reverse order and relax.



Stages for Practice



Starting Position : Kneeling on the ground, with the buttocks resting on the heels.

2. Place the hands on the ground making an angle of 60° between the elbows.



3. Place on the ground the centre of the head supported by the finger-lock.



1. Inter-lock the fingers and form a finger-lock.



4. Straighten the knees.



5. Bring the knees closer to the chest.



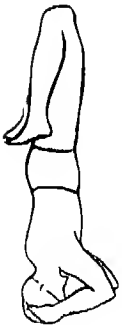
9. Fold the legs in the knees.



6. Pressing on the elbows and contracting the abdominal muscles raise the feet off the ground.



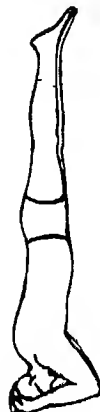
10. Fold the thighs and bring the knees closer to the chest.



7. Keeping the legs folded in the knees, straighten the thighs.



11. Bring the legs to the ground.



12. Take the feet away from the body.

8. Then unfold the legs and bring them vertically in line with the body and maintain the posture comfortably,



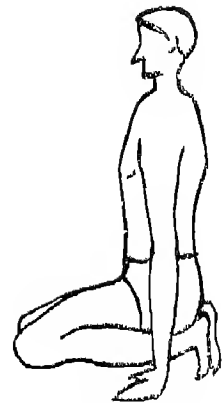
13. Place the knees on the ground.



14. Raise the head from the ground.



15. Raise the finger-lock from the ground.



16. Open the finger-lock and come to the starting position.

Important Points to Remember

Do's

1. All the movements should be very slow.
2. Proceed from one stage to another after having mastered the former stage.
3. Keep the elbows firmly on the ground so that the balance is not lost.
4. Normal breathing should continue.

Don'ts

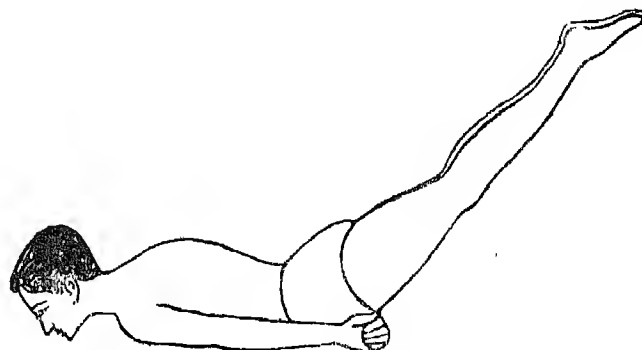
1. Avoid practising the posture immediately after any violent exercise.
2. Avoid giving any jerk or push to the body to take the balance.
3. Avoid spreading and shifting the elbows while doing the asana.
4. Avoid any bend in the waist.
5. Avoid performing this posture in case of aching or running of ears, weak eye capillaries, high blood pressure, heart trouble, etc.

Expected Learning Outcomes

1. Improves the blood circulation, particularly of the venous blood.
2. Helps to stimulate the central nervous system.
3. Helps in the proper functioning of the abdominal organs and endocrine glands.
4. Trains balancing mechanism.

SHALABHASANA

In Sanskrit, *shalabha* means 'locust'. In the full posture, the body resembles the shape of a locust. Hence the name. It is a further development of Ardha-Shalabhasana. Lie prone with the hands by the side of the body and chin resting on the ground. Clench the fists and inhale a little. Raise both the legs together making an angle of about 45° and keep the knees straight. Maintain the posture for some time and lower the legs to their original position. Exhale and have normal breathing for some time and repeat the asana, if so desired.



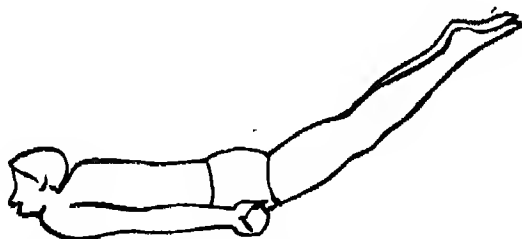
Stages for Practice



Starting Position : Lie prone on the ground with the hands by the side of the body and the feet together.



3. Lower the legs to the ground.
4. Exhale.



1. Inhale a little and hold the breath. Clench the fists.
2. Raise both the legs backward, keeping the weight on the fists and maintain the posture for some time.

Important Points to Remember

Do's

1. Raise the legs slowly without jerks.
2. Take the support of the hands to raise the legs.
3. In the beginning it will be profitable to keep the fists under the thighs to raise the legs high.

Don'ts

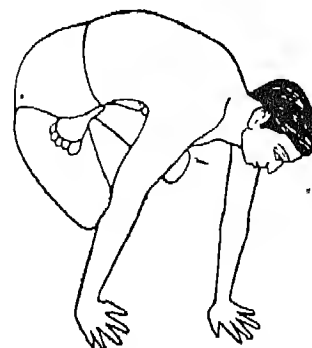
1. Avoid bending in the knees.
2. Avoid keeping distance between the knees.
3. Avoid bending at the elbows.
4. Avoid maintaining the final position for a long time.

Expected Learning Outcomes

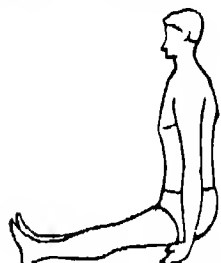
1. Strengthens the lumbar region.
2. Gives good exercise to the pelvic organs.
3. Increases the tone of the abdominal muscles.
4. Improves respiratory efficiency.

BAKASANA

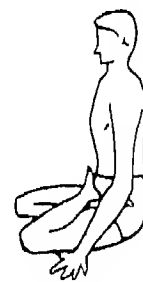
The pose is called Bakasana as the final posture imitates a *baka*. *Baka*, in Sanskrit, means 'a crane'. To do so initially one has to perform Padmasana. Place the right foot on the left thigh and left foot on the right thigh and form a foot-lock. Place the palms on the ground by the side, spreading the fingers. Raise the body a little backward through the hands. Shift the body weight on hands and lift the foot-lock along the hands slowly, bringing the knees up to the armpits. Maintain the balance and then release the posture. If found suitable, repeat the asana.



Stages for Practice



Starting Position : Sitting with the legs extended together.



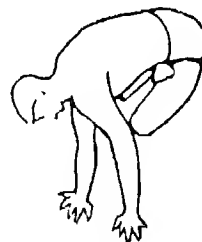
3. Place the palms on the sides by spreading the fingers well.



1. Fold the right leg in the knee and place the right foot on the left thigh.



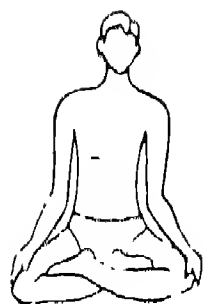
2. Fold the left foot in the knee and place the left foot on the right thigh.



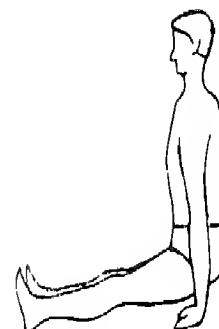
4. Raise the foot-lock up and taking it backward, raise it further above the elbows bringing the knees up to the armpits.



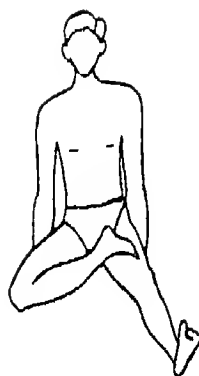
5. Lower the raised foot-lock to the ground slowly.



6. Place the hands on the knees.



8. Remove the right foot from the left thigh and come to the starting position.



7. Remove the left foot from the right thigh and extend it.

Important Points to Remember

Do's

1. Spread the fingers well.
2. Keep the chest forward and look in front in the final position.
3. As a preliminary practice try to raise the body balancing on the hands, from squatting position.
4. Contract the abdominal muscles.

Don'ts

1. Avoid exerting pressure on the elbows with the raised foot-lock.
2. Do not make haste in taking balance in the asana.

Expected Learning Outcomes

1. Increases the strength of the arms and shoulders.
2. Increases the sense of balance.
3. Increases the tone of the abdominal muscles.

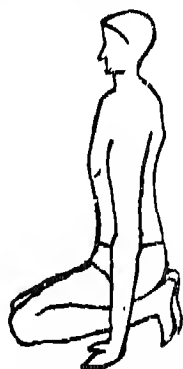
MAYURASANA

(Not to be practised by girls)

In Sanskrit, *mayura* means 'peacock'. In the final pose the body resembles a *mayura*, hence the name Mayurasana. Kneel on the ground by keeping the knees comfortably apart. Bring the elbows together and place the hands on the ground in the front. Spread out the fingers pointing them towards the legs. Bring the two elbow joints together and use them as the fulcrum. Place the elbows at the middle of the abdomen (near the navel region). Now stretch the legs out. Shift the body weight to the front. Balance the body on the forearms keeping the whole body horizontal to the ground. Maintain the posture so long as it is comfortable and then release it. This completes Mayurasana. If needed, repeat the asana.



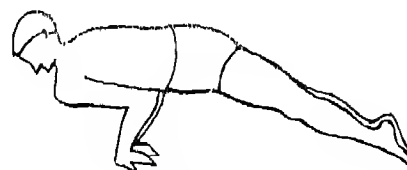
Stages for Practice



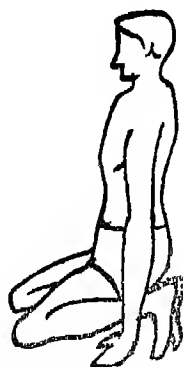
Starting Position : Kneeling on the ground.



2. Bring the elbows together and place the hands on the ground between the two knees, the fingers facing inwards.

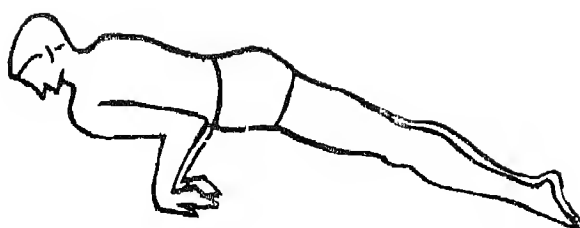


3. Place the elbows well at the navel region and stretch the legs.



4. Raise the legs slowly from the ground by shifting the body weight a little forward and balance the body on the elbows.

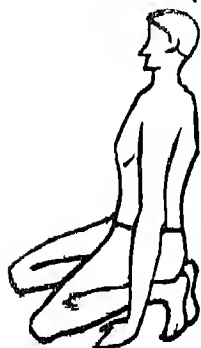
1. Take some distance between the knees.



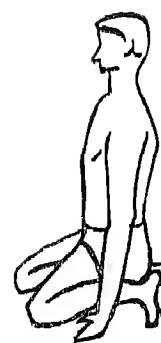
5. Lower the legs to the ground.



6. Bring the legs towards the hands and place the knees on the ground.



7 Remove the elbows from the navel and place the hands by the side of the body.



8. Reduce the distance between the knees and come to the starting position.

Important Points to Remember

Do's

1. Shift the body weight by propelling the body forward and raise the legs up while balancing the body.
2. Spread out the fingers well to secure a broad base for balance.
3. Keep the knees together.

Don'ts

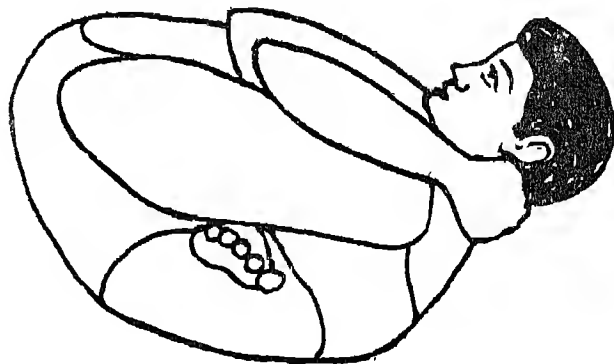
1. Do not throw the legs up with a jerk.
2. Do not keep the elbows apart while in balance.

Expected Learning Outcomes

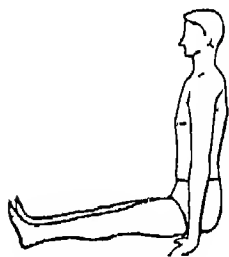
1. Helps to exercise the arms.
 2. Helps to promote circulation in the abdominal region.
 3. Helps to increase appetite.
 4. Increases the sense of balance.
-

UTTANAKURMASANA

In Sanskrit, *uttana* means 'supine' and *kurma* means 'tortoise'. The posture is in imitation of a tortoise in the supine position, hence the name. It is a further development of Kukkutasana. Form a foot-lock just as in Padmasana by placing the right foot on the left thigh and the left foot on the right thigh. Insert the hands between the thighs and the calves up to the elbows. Now hold the neck by the hands making a finger lock and lie on the back. Maintain the posture as long as possible and release the posture by opening the finger-lock and come to the sitting position.



Stages for Practice



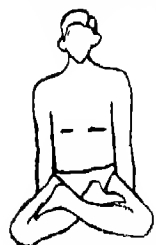
Starting Position : Sitting with the legs extended together.



3. Insert the left hand between the thigh and the calf, closer to the ankle.



4. Insert the right hand between the thigh and the calf, closer to the ankle.



1. Place the right foot on the left thigh.

2. Place the left foot on the right thigh.



5. Take the hands towards the neck and hold it by forming a finger-lock.



6. Lie on the back and maintain the position for some time.



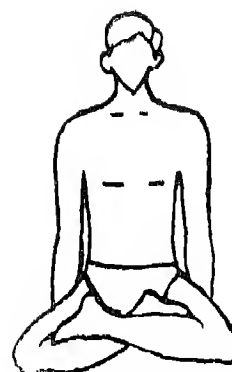
7. Release the finger-lock and remove the hands from the back.



8. Sit up.



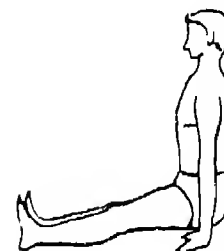
9. Take out the right hand inserted between the thigh and the calf.



10. Take out the left hand inserted between the thigh and the calf.



11. Remove the left foot from the right thigh and extend it.



12. Remove the right foot from the left thigh and come to the starting position.

Important Points to Remember

Do's

1. Insert the hands as much as possible through the space near the ankles.

Don'ts

1. Avoid catching the neck unless the arms come out up to the elbows.

Expected Learning Outcomes

1. Gives a full stretch to the superficial as well as deep muscles of the back
2. Helps to increase the tone and efficiency of the abdominal organs.
3. Brings about flexibility of the spine and the joints of the extremities.

ANULOMA-VILOMA

It is classed as a type of pranayama. In pranayama controlled breathing is insisted upon. When the breath is unsteady, the mind is unsteady, but when the breath is still, the mind is also still. In Sanskrit, *anuloma* means 'towards' and *loma* or *viloma* means 'reverse'. It is also called Loma-Viloma. One inhales through the left nostril, holds the breath and exhales it through the right nostril and again inhaling through the right nostril and holding the breath, exhales through the left nostril. This completes one round of the Anuloma-Viloma. One should neither retain the breath more than one's capacity nor should one exhale rapidly. In fact, one should start this practice just like Ujjayi breathing without holding the breath. Here for controlled inhalation and exhalation certain arrangement of the fingers is advocated. Fold the middle and the index fingers and use only the thumb for the right nostril and the little and the ring fingers for the left nostril. When the

fingers are not used to close the nostrils they are kept on the bridge of the nose.

To start the practice form a foot-lock, if possible, otherwise sit in any comfortable pose. Raise the right hand and close the right nostril with the right thumb and inhale slowly through the left nostril to the capacity. Close the left nostril now by using only the ring and the little fingers. Open the right nostril and exhale slowly. Inhale once again through the right nostril and close it with the thumb and exhale slowly through the left nostril. Maintain a time ratio of 1:2 between the inhalation and the exhalation, i.e. if inhalation is for five seconds then exhalation should be for 10 seconds. While doing this practice keep a control over the abdomen. One may start with five rounds and slowly go on increasing the rounds up to ten or even more.

Stages for Practice



Starting Position : Sitting in Swastikasana or Padmasana or in any other comfortable posture.

1. Keep the body erect and place the hands on the respective knees.



2. Raise the right hand and place the right thumb on the right nostril and close it. Inhale slowly through the left nostril.



3. Close the left nostril by using only the ring and the little fingers and exhale slowly through the right nostril in a ratio of 1:2 between the inhalation and the exhalation.
4. Again inhale through the right nostril.



5. Now exhale through the left nostril.
6. Repeat the stages 2 to 5 at least five times.
7. Place the right hand on the right knee.
8. Stop the practice and release the posture.

Important Points to Remember*Do's*

1. Slowly inhale the air without bulging the abdomen.
2. Exhale the air by pressing the abdomen in.
3. Keep a ratio of 5":10" between the inhalation and the exhalation.

Don'ts

1. Avoid producing any sound from the nose.
2. Avoid pressing hard on the nostrils.
3. Avoid retaining breath in the beginning.

Expected Learning Outcomes

1. Helps to reduce the physical and mental fatigue.
 2. Helps to keep emotional balance and gives peace to the mind.
-

SHAVASANA

(For details see pages 17.)

Model Lesson Plans

Model Lesson Plan No. 1

Lesson No.

Date

Name of the Teacher

Name of the School

Class : VI

Period : 45 mts. Time

Practices previously

introduced

Age : 12 Yrs.

Sex

Aim of the Lesson

Bhujangasana, Matsyasana and Vajrasana.

To make the participants physically fit, mentally alert and emotionally balanced so as to contribute towards sound psycho-physiological health and tranquillity through the practice of Supta-Vajrasana or the supine pelvic pose.

Objectives of the Lesson

To acquaint the pupils with the technique of the Supta-Vajrasana.

To give exercise to the organs in the abdominal cavity through this asana.

Equipment Required

Nil.

Stages

Method

Start of the Lesson

The participants, seated in two rows facing each other, are asked to take a comfortable sitting pose. Thereafter the usual prayer is recited with closed eyes for creating an atmosphere which is most favourable and conducive to the learning of all yogic practices.

Introduction of the Activity (15 minutes)

(a) *Sitting Arrangements*

The same sitting arrangement as for prayer continues.

(b) *Verbal Introduction of the Yogic Practice*

The pose is called Supta-Vajrasana because one lies supine in this asana after sitting in the Vajrasana. In Sanskrit, *supta* means 'supine'.

(c) *Visual Aids*

Demonstration in full.

It is only a further development of Vajrasana. The student arranges his lower extremities as required for practising the Vajrasana. After having assumed Vajrasana, he tries to lie on the back. This is done step by step. First he leans backward putting the weight of his body upon his hands which are made to serve as props from behind. Then one of the hands is relieved and the burden of the body on that side is thrown upon the elbow which is now made to rest on the seat. The same is done in the case of the other hand. Afterwards even these elbow-props are removed and the trunk is made to rest on the back. In the beginning, the performer finds that his spine makes a curve and does not lie flat on the ground. However, as the practice advances, this curve is gradually effaced and the vertebral column is made to lie flat on the ground as far as possible. Then comes the turn of the upper extremities to be adjusted. For this the student slightly lifts up his head, and one of the hands is then passed under the head and made to grasp the shoulder on the opposite side. The other hand also holds the opposite shoulder, the two elbows projecting a little beyond the head. Eyes may be closed.

(d) *Emphasis on the Salient Points*

The body should not be allowed to move. The asana should be practised very gracefully avoiding jerks. It is generally practised after Sarvangasana or the Pan-physical pose. One does not

	trifle with his breath during this exercise. It is allowed to flow as usual.		
(e) <i>Instructions</i>	The students/participants are asked to bear in mind all the salient points and to do the asana accordingly.	5. Precautions	made aware of the general errors and gross mistakes so that they could avoid these in their subsequent practice. Supta-Vajrasana is a further development of Vajrasana, the practice of the former should not be started without completely mastering the latter. Special care is to be taken of the ankle-joints which are far more strained in this than in the original pose. In getting out of the pose one first lets go one's hands, then raises one's trunk and finally relieves one's legs. Any attempt to extend the legs during the supine position may injure the ankle-joints.
3. Individual Practice (10 minutes)	(a) The participants are asked to do the asana one by one as per the above instructions and the process shown. They are also asked to maintain the final posture in accordance with their own capacity and then release the posture very slowly and smoothly. (b) <i>Detection and Correction of Errors in Individual Practice.</i> The performance of each student is watched carefully and the mistakes detected and corrected.	6 Advantages	The abdominal recti are fully stretched and the bowels and other abdominal viscera are considerably stimulated, the effects on the pelvic organs being greatly pronounced. Supta-Vajrasana is a very good remedy for constipation.
4. Group Practice (12 minutes)	(a) Instructions are given at every stage to the students/participants to do the asana in the group as a whole. The optimum time is chosen to maintain the posture for all the participants and then they are directed to release the posture. (b) <i>Detection and Correction of Mistakes in the Group Practice.</i> The performance of the group is watched minutely as far as practicable, and the group is	7. Questions — Answers (4 minutes)	The students are encouraged to ask questions and get their doubts cleared.
		8. End of the Lesson	The participants are instructed to lie on their back and relax completely in the Shavasana, before they finish the class and go to other activities.

Model Lesson Plan No. 2

Lesson No.

Date

Name of the Teacher

Name of the School

Standard : VIII

Period : 45 mts. Time

Age

Sex

Practices previously
Introduced

Padmasana, Viparitakarani,
Sarvangasana

Aim of the Lesson

To make the participants physically fit, mentally alert and emotionally balanced so as to contribute towards sound psycho-physiological health and tranquillisation through the practice of Matsyasana or the Fish pose.

Objectives of the Lesson

To acquaint the students with the technique of Matsyasana.

Equipment required

Nil.

Stages

Methods

1. Start of the Lesson

The participants are asked to take comfortable sitting pose in two rows facing each other in a relaxed way and thereafter close the eyes as in the usual prayer recited for creating an atmosphere which is most favourable and conducive to the learning of yogic practices.

2. Introduction of the Activity (15 minutes)

(a) Sitting Arrangement

The same sitting arrangement as for prayer.

(b) Verbal Introduction of the Activity

This pose is called Matsyasana because in swimming a person can float on water, like the fish, for a considerable time, if he steadily lies there in this posture. In Sanskrit, *matsya* means 'fish'.

Matsyasana or the Fish pose is complementary to the Pan-Physical pose or Sarvangasana. The cervical vertebrae and ligaments undergo a steady pull both anteriorly and posteriorly so that they become strong and healthy by the practice of the two postures. Matsyasana completely opens the pharynx and affords one of the most comfortable postures, for rapid and incessant breathing technically called Bhastra in Yoga. So, whenever Sarvangasana is practised Matsyasana should also follow. It would largely help Sarvangasana in producing the desired result in the form of general growth through improved thyroid function.

Demonstration in full.

While getting ready for the demonstration of Matsyasana the performer takes his seat with his legs fully stretched out. He then bends one of his legs, preferably the right, in the knee joint and folding it sets it in the opposite hip-joint, with the sole turned upward. The other leg is similarly folded and set in the opposite hip-joint. Both the heels are adjusted in such a way that each of them presses on the adjacent portion of the abdomen. This forms the foot-lock.

After forming the foot-lock one lies supine on his seat. Then resting his weight on the elbows, he raises his trunk and head; and throwing the head backward with an arched spine,

(c) Visual Aids

	<p>makes a bridge on his seat. Subsequently he makes hooks of his index fingers and takes hold of the opposite toes. Sometimes the hands are folded round the head, rather than catching the toes.</p>	
(d) <i>Emphasis on the Salient Points</i>	<p>The body should not be allowed to move. The asana should be practised very comfortably avoiding jerks. It should be practised after Sarvangasana or the Pan-Physical Pose. Breath is allowed to flow as usual and no attempt is made to hold the breath.</p>	
(e) <i>Instructions</i>	<p>The students are asked to bear in mind all the salient points and to do the asana accordingly.</p>	
3. Individual Practice (10 minutes)	<p>(a) The participants are asked one by one to do the asana as per the above instructions and process shown. They are also asked to maintain the final position according to their own capacity and then release the posture slowly and smoothly.</p> <p>(b) <i>Detection and Correction of Errors during Individual Practice</i></p> <p>The performance of each student is watched carefully and</p>	<p>mistakes detected and corrected.</p> <p>(a) Instructions are given at every stage to the students to do the asana in the group as a whole. The optimum time is chosen to maintain the posture according to the limitations of the participants and then they are asked to release the posture.</p> <p>(b) <i>Detection and Correction of Mistakes in the Group Practice.</i></p> <p>The performance of the group is watched minutely as far as practicable and finally the group is made aware of the general errors and gross mistakes so that they could avoid these in their subsequent practice.</p>
	5. Questions and Answers (4 minutes)	<p>The students are encouraged to ask questions and get their difficulties removed.</p>
	6. Therapeutical Advantages	<p>The teacher explains the benefits of the asana. Dyspepsia and constipation can be cured by this asana. It greatly helps an individual to ensure the health of the thyroids.</p>
	7. End of the Lesson (2 minutes)	<p>The participants are instructed to lie on their back and relax completely in Shavasana, before they go to the next activity.</p>

Syllabus for Physical Education for Classes I-X

SYLLABUS FOR PHYSICAL EDUCATION

CLASSES I TO V

GROUP A (CORE PROGRAMME)

The core programme is the basic minimum to be implemented for children during the instruction periods. It should cover the following items :

1. Free movements	Classes I to IV
2. Rhythmics	Classes I to V
3. Imitations, story, plays and mimetics	Classes I to III
4. Small area games	Classes I to V
5. Gymnastics	Classes I to V
6. Simple combatives	Classes I to IV
7. Health education	Classes I to V
8. Callisthenics	Class V
9. Athletics	Class V
10. Games	Class V
11. Yogic practices	Class V
12. Fundamentals of drill and marching	Class V

GROUP B (OPTIONAL PROGRAMME)

The optional programme is intended to offer choice to the participants in activities of their interest. Such activities are voluntary and are to be practised after school hours to improve the skills learnt earlier. Such activities for Classes I to V may be as under :

- Swimming (for all wherever facilities are available)
- Simple games with ball (Classes I to IV)
- Major games (Class V). Football, Hockey, Cricket, Tenicoit, Kabaddi.

It is expected that 160 periods will be devoted to physical education during the year, at the rate of six periods per week.

Yogic Practices (Class V)

Swastikasana, Ardhapadmasana (Virasana), Bhujangasana, Ardhashalabhasana, Utkatasana, Tadasana, Vrikshasana, Naukasana, Padahasthasana, Shavasana.

(10 periods)

CLASSES VI TO VIII

GROUP A (CORE PROGRAMME)

The core programme for Classes VI to VIII is suggested below :

1. Callisthenics	10 periods
2. Athletics	20 periods
3. Games	35 periods
4. Rhythmic activities	15 periods
5. Gymnastics	20 periods

6. Yogic practices	10 periods
7. Drill and marching (Classes VI-VII)	10 periods
8. Health education	10 periods
	<hr/> 130 periods <hr/>

GROUP B

The optional areas may be as under :

- Swimming
- Combatives
- Major games

Note : Combatives are compulsory in Class VIII, and should be included under the core programme.

Yogic Practices (Class VI)

Repeat the previous class work.

1. Padmasana	5. Supta Vajrasana
2. Dhanurasana	6. Parvatasana
3. Vakrasana	7. Chakrasana
4. Vajrasana	8. Shavasana

(10 periods)

Yogic Practices (Class VII)

1. Baddha Padmasana	7. Tolangulasana
2. Yogamudra	8. Hamsasana
3. Matsyasana	9. Makarasana
4. Gomukhasana	10. Ujjayi (without kumbhaka)
5. Viparitarakarni	11. Shavasana
6. Sarvangasana	

(10 periods)

Yogic Practices (Class VIII)

1. Halasana	6. Tolasana
2. Ardha-Matsyendrasana	7. Uddiyana Bandha
3. Pashchimatanasana	8. Agnisara
4. Gomukhasana (Baddhahasta)	9. Shavasana
5. Bhadrasana	

(10 periods)

CLASSES IX AND X

1. Athletics	25 periods
2. Major games	40 periods
3. Gymnastics	20 periods
4. Yogic practices	10 periods
5. Combatives	15 periods
6. Health education	10 periods
7. Evaluation	10 periods
	<hr/> 130 periods <hr/>

Yogic Practices (Class IX)

- | | |
|----------------------|----------------|
| 1. Ugrasana | 5. Kukkutasana |
| 2. Dhanurakarshana | 6. Nauli |
| 3. Simhasana | 7. Kapalabhati |
| 4. Uttanamandukasana | 8. Shavasana |

(10 periods)

Yogic Practices (Class X)

- | | |
|-----------------|--------------------|
| 1. Shirshasana | 5. Uttanakurmasana |
| 2. Shalabhasana | 6. Anuloma-Viloma |
| 3. Bakasana | 7. Shavasana |
| 4. Mayurasana | |

(10 periods)

Scheme of Evaluation

SCHEME OF EVALUATION

Consolidated Assessment for Classes I to V

1. Total achievement in the year's Physical Education programme	60
2. Attendance in Physical Education classes	10
3. Health habits	10
4. Socially desirable qualities	10
5. Any special service/Individual recognition	10

Total 100

Distribution of Marks

1. Rhythmics	20
2. Gymnastics and Yogic Practices	15
3. Ball games—Small area games	20
4. Simple combatives (Swimming)	5

Total 60

Consolidated Assessment for Classes VI, VII and VIII

1. Total achievement in the year's Physical Education programme	60
2. Attendance in Physical Education classes	10
3. Participation in—	10
(a) Voluntary activities	
(b) Intramural programmes	
(c) Inter-School—District, State etc.	
(d) NPED	
4. Socially desirable qualities	10
5. Health habits	5
6. Any special service/Individual recognition	5

Total 100

Suggested Scheme for Distribution of Marks

Achievement in the year's Physical Education programme

(a) Team games	20
(b) Athletics	10
(c) Gymnastics	10
(d) Yogic Practices	10
(e) Drill and Marching and Rhythmics	5
(f) Simple combatives (Swimming)	5

Total 60

Consolidated Assessment for Classes IX and X

1. Achievements in the year's programme	60
2. Attendance	10
3. Participation in—	5
(i) Voluntary activities	
(ii) Intramural competitions	
(iii) NPED	

4. Representation of school at different levels— 10
Inter-School, District, State

5. Socially desirable qualities	5
6. Health habits	5
7. Any special service/individual recognition	5

Total 100

(Bonus points for special achievements)

Suggested Scheme for Distribution of Marks

Achievement in the year's programme

(a) Team games	20
(b) Athletics	10
(c) Gymnastics/Dance	10
(d) Yogic Practices	10
(e) Combatives (Swimming)	10

Scheme of Public Examination for Class X

A. Internal Assessment 60 marks

B. Public Examination 40 marks

(Knowledge test in Physical Education Programme)

(A) Distribution of marks in Internal Assessment

1. Achievement of skills in any two games (One optional+one compulsory) or two optionals. (Choice of the student) games taught in the school.	25
2. Performance in Athletics	20
3. Yogic Practices	5
4. Gymnastics/Dance and Combatives	5
5. Attendance	5

